

What is Post thrombotic Syndrome (PTS)?

In 4 of every 10 kids with bad blood clots, their clots go away. If some of the bad blood clot stays in your body it will be a scar on your vein. It is like a bump on the road and blood will flow around it. Your body is amazing; to get blood to your legs and arms your body will grow new veins that go around your bad blood clot. They are like by-passes on a highway.

If your clot does not go away, you have a bigger chance of getting Post Thrombotic Syndrome.

Post Thrombotic (throm-bot-ik) Syndrome (sin-dro-hm) or PTS is when your body is still hurt after you have had a bad blood clot.



What Does PTS Feel Like?

It may make your arm or leg where your blood clot is hurt, get puffy, or your skin may change to a bluish or purplish colour. Your arms or legs might also get wider because of it.

Up to half of all kids with a bad blood clot will get **Post Thrombotic Syndrome**.

Will I get PTS?

There are some things that make you more likely to get Post Thrombotic Syndrome.

- If your bad blood clot doesn't get smaller or go away OR if your bad blood clot is very big and blocks many veins or arteries you are 4 times more likely to get PTS.
- If you don't have Post Thrombotic Syndrome now, there is still a chance you might get it when you get older.

Post Thrombotic Syndrome – What does this mean for me?

PST is not dangerous to your health but...

If you have pain or swelling in your body that bothers you in the area where your bad clot was, then call your doctor who helped you to treat your blood clot.

Sometimes special socks or wraps that may make your arm or leg feel better (and you thought socks were only for feet!!).



Your doctor can help you to get these and they may help it to feel better.