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Information for Traveling Patients

Anyone traveling long distances by air is at an increased risk of developing blood clots in the legs (deep venous thrombosis or DVT), a potentially very serious condition. This can occur for the following reasons: prolonged immobilization, cramped seating, air pressure changes, and dehydration. The chance of developing DVT is increased by then having surgery soon after a long flight. It is therefore essential to reduce the risk of DVT associated with air travel as much as possible.

The following preventative measures are strongly recommended:

- Plan to arrive in the NY area prior to surgery at least 12 hours for every hour of flight (i.e.: 4 hour flight, arrive 48 hours prior to surgery)
- Do not cross your legs during the flight
- Stretch and walk around as much as possible during the flight
- Stay well hydrated
- Avoid alcohol and caffeine due to their strong dehydration effects that concentrates the blood
- Wear loose fitting clothing
- Do not wear your seatbelt tightly except as needed for takeoff and landing

If you have any questions or concerns about these guidelines please call the office and speak to one of our nurses.