

Reducing the risk of a DVT when travelling

If you are travelling greater than 6 hours in your journey, it is ideal to follow the following steps. The travelling includes any plane, train, coach or road trips.

- Ensure that you maintain a good fluid intake during the travel, but avoiding any alcohol intake.
- Maintain regular foot and ankle exercise. This involves flexing the ankle joint up and down and rotating. You should also regularly stand up, to relieve the pressure on your thighs.
- Wear appropriately fitted compression stockings. The stockings should be designed to give 15-20mm Hg pressure at the ankle. The stockings are usually available at most chemists and airports.
- Avoid any restrictions near your foot/ankle with luggage etc.
- Any patient, who has had a Total Knee replacement or Total Hip Replacement, should ideally not travel long haul for the first 6 weeks from surgery.
- If you have had recent surgery, please contact Professor Haddad's Practice Nurse, prior to flying.
- If you have any history of a venous thrombosis please contact Professor Haddad's Practice Nurse, as you may be required to take an anticoagulant such as Fragmin/Clexane or Aspirin.

Should you have any further questions about DVT prophylaxis, please do not hesitate in contacting Professor Haddad's Practice on 020 7935 6083 or his Practice Nurse on 07825 624392