

# SOUTHLAKE VEIN CARE

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## **Recommendations for Travel after Procedures**

- We recommend that you avoid lengthy (more than 1 hour) car or air travel for 6 to 12 weeks after procedures, to minimize the risk of complications.
- When you do travel, we recommend that you take the following precautions:
  - Wear medical grade compression stockings (at least 20-30mmHg).
  - As long as you have no contraindications to aspirin, take one baby aspirin (81mg) daily, starting 3 days before your trip until 3 days after the trip.
  - Stay hydrated by drinking plenty of water or other non-caffeinated, non-alcoholic liquids.
  - Walk as much as you are able. Try to walk around the airport for 30 minutes before boarding the airplane.
  - When you are seated, you may use the following regimen to minimize your risk of blood clot formation:

### **Seated Exercises:**

- **Ankle Circles:** Lift your feet off the floor and twirl your feet as if you're drawing circles with your toes. Continue this for 15 seconds, then reverse direction. Repeat as desired.
- **Foot Pumps:** Keep your heels on the floor and lift the front of your feet toward you as high as possible. Hold for a second or two, then flatten your feet and lift your heels as high as possible, keeping the balls of your feet on the floor. Continue for 30 seconds and repeat as desired.
- **Knee Lifts:** Keeping your leg bent, lift your knee up to your chest. Bring back to normal position and repeat with your other leg. Repeat 20 to 30 times for each leg.

### **Seated Stretches:**

- **Knee to Chest:** With both hands clasped around your right knee, bend forward slightly and pull your knee to your chest. Hold the stretch for 15 seconds; then slowly let your knee down. Repeat the same stretch with your left knee. Perform 10 stretches for each leg.
- **Forward Flex:** Keep both feet on the floor and slowly bend forward, reaching for your ankles. Hold the stretch for 15 seconds and slowly return to a normal seated position.

