

AIR TRAVEL INSTRUCTIONS AFTER SURGERY

The following are instructions for your travel by airplane. There is some risk of blood clots in the legs after surgery when flying and these instructions are required to prevent this occurrence. Please follow these closely:

1. Perform in-seat exercises on the airplane. Move your ankles and knees often.
2. Do not cross your legs.
3. Take half hourly walks. One lap for each half hour in the airplane. More is fine if you can.
4. Hydrate well. Drink at least 16 ounces of water for each hour on the airplane.
5. Avoid dehydrating agents (caffeine, alcohol, certain medications).
6. Wear loose fitting, non-restricting, undergarments and clothing.
7. Do not wear surgical binders or liposuction garments on the airplane.
8. Let Dr. Romano know if you are taking any blood thinners.
9. Contact your personal physician and let them know before you fly.