



MOIRA MCCARTHY MD

ORTHOPAEDIC SURGERY & SPORTS MEDICINE

Surgical Locations:

HSS Main Campus - Main Hospital

535 East 70th Street
New York, NY 10021

HSS ASC of Manhattan

1233 2nd Avenue (bwt. 64th and 65th St.)
New York, NY 10065

HSS Orthopaedics at Stamford Hospital

Tully Health Center
32 Strawberry Hill Ct
Stamford, CT 06902

Planning a trip after surgery? Here is how to lower your risk of blood clots while you travel.

RISKS OF TRAVEL

- Our main concern with traveling after surgery is **blood clots**, also known as **DVT (deep vein thrombosis)**.
- Patients who have outpatient (same-day) surgery are at relatively low risk of DVT, but traveling after surgery can slightly increase your risk.
- A personal or family history of clotting problems also increases your risk.
- Different types of orthopaedic surgery carry different risks of DVT. Typically, **the more mobile you are, the lower your risk.**

BEFORE YOU GO

- If you are traveling within **3 months** of surgery, let our office know so we can advise you on aspirin or other medication.
- Take a **baby aspirin the morning of your flight** if you are not already taking one after surgery.
- We may prescribe a stronger blood thinner, depending on your personal risk factors and the length of your trip.
- If you wear a brace, ask Dr. McCarthy or Tom whether you should take it off during your flight.

DURING YOUR TRIP

No alcohol

Do not drink alcohol before or during your flight

Every 1–1.5 hrs

Get up and stretch your legs to keep your blood moving

Ankle pumps

Pump your ankles up and down while seated

SIGNS OF A BLOOD CLOT

Call 911 or go to the ER right away

- Chest pain
- Shortness of breath

Call our office and be seen at a local ER

- Significant swelling of the foot, ankle, or calf
- Calf tenderness
- Changes in circulation or skin color

The ER can do an ultrasound to rule out a DVT. Clots in the arm are very uncommon.

Questions before you travel? Contact our office · MyChart is fastest for non-emergent questions

CALL · NEW YORK
646-714-6360

CALL · STAMFORD
203-705-0900

MESSAGE US
MyChart app

EMAIL
mccarthyoffice@hss.edu