

DVT can occur after and during flights, but is relatively rare.

The risk depends on the person and the flight. Other factors apart from flying can cause DVT

Personal risk factors for DVT:

- Shortness
- Obesity
- Female

Higher Personal Risk

- On the “Pill”
- Have a condition that makes it more likely to develop DVT
 - Previous DVT
 - Recent Surgery
 - Medical conditions - Congestive Cardiac failure, Active Cancer, Varicose veins
 - Family history of DVT
- Known predisposition

Flight factors incurring greater risk

- Flights of more than 4 hours duration or more than 4000km
- Window seats
- Dehydration
- Immobility
- Frequent flights
- a number of flights together



Advice for the Low Risk Traveller ie none of the above

- Increase fluid intake 24 hours prior to departure
- Mobilize every 2 hours
- High fluid intake during flight
- Extension and flexion of calves once per hour
- Watch a comedy

Advice for the High Risk Traveller ie one or more of the above (personal)

- Increase fluid intake 24 hours prior to departure
- Aisle seat
- Antiembolic stockings in flight
- Extension and flexion of calves once per hour
- Mobilize every 2 hours
- High fluid intake during flight
 - MEL to DXB 2l of water
 - DXB to LHR 1l of water
 - MEL to LAX 2.5l of water
- Minimal alcohol
 - 1glass per flight leg
- No sleeping medications
- Watch a comedy
- If more than 2 factors;
 - clexane sc 1mg/kg pre flight 4 hours
 - provided no contraindication