

## Vein Care

Varicose Veins  
Spider Veins  
Leg Pain  
Injection Sclerotherapy  
Vascular Ultrasound

# McQUAID

## *Vein Specialists*

MARK MCQUAID, MD, FACS · J. ANDREW SKIENDZIELEWSKI, DO

## General Surgery

Gall Bladder  
Hernia  
Spine Exposure  
Laparoscopy  
Mass Removal

## **Recommendations for Travel after Procedures**

- We recommend that you avoid lengthy (more than 1 hour) automobile or air travel for 6 to 12 weeks after procedures, to minimize the risk of complications.
- If you must travel sooner than that, 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.
- Shoulder Roll: Lift your shoulders upward, then pull them backward, downward, and forward, creating a gentle circular motion. Continue for 30 seconds. Then reverse direction if desired.
- Arm Curl: Start with arms on chair rests, bent at a 90-degree angle. Raise one hand up to your chest and back down. Alternate hands and continue for 30 seconds. Repeat as desired.

### **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.
- Overhead Stretch: Raise both hands straight up over your head. Use one hand to grab the wrist of the opposite hand and gently pull to one side. Hold the stretch for 15 seconds, and repeat with the other arm.
- Shoulder Stretch: Bring your right hand over your left shoulder. Then place your left hand behind your right elbow and gently pull your elbow toward your body. Hold the stretch for 15 seconds and repeat with the other arm.
- Neck Roll: Relax your neck and shoulders. Then drop your right ear to your right shoulder and gently roll your head forward and to the other side, holding each position about 5 seconds. Repeat 5 times.