

LUMINA VEIN & AESTHETIC INSTITUTE

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The Little Travel Guide

Long flights and long drives are hard on your legs.
Here's how to protect them, from takeoff to touchdown.



A board-certified vascular surgeon's honest guide to travel... why sitting still is hard on your veins, the one thing to wear on every long trip, and the simple moves that keep blood flowing.

A note from Lina

Your legs deserve a plan before you go

If your legs swell, ache, or feel heavy after a long flight or a long day in the car, you are not imagining it. Travel is genuinely hard on your veins, and almost nobody explains why, or what to do about it.

Here is the short version. Your leg veins move blood upward against gravity, and they rely on your muscles moving to help them. When you sit still for hours, in a plane seat or behind the wheel, that help disappears. Blood pools in your lower legs, pressure builds, and your ankles swell. On very long trips, that stagnant blood can also raise the risk of a clot.

The good news is that travel is one of the easiest situations to protect yourself in. A few simple habits, and one very good pair of compression socks, change everything. Nobody sits you down and explains this before a trip, so I'm doing it here.

Let's get you ready for your next trip.

With love, Lina

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Why travel is tough on your veins.

It comes down to one thing your veins do not love: sitting still for hours.

Your leg veins carry blood uphill, back toward your heart, against gravity. They cannot do it alone. Every time your calf muscles contract, they squeeze the deep veins and pump blood upward. That is why walking keeps your legs feeling light. When you sit still for a long flight or drive, that pump switches off. Blood settles in your lower legs, pressure rises, fluid leaks into the tissue, and your ankles and feet swell.

And on long trips, pooled blood is not just uncomfortable. When blood sits still for many hours it can begin to clot, forming a deep vein thrombosis, or DVT. The risk climbs on trips longer than about four hours, and it is higher if you have vein disease, a history of clots, recent surgery, are pregnant, or take estrogen. Warning signs: swelling, pain, warmth, or redness in one calf, worse on one side. If that happens, call your doctor.



Anything over about four hours counts as a long haul. That is when prevention matters most, and when the simple habits in this little guide really earn their keep.

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Move every hour, even in your seat.

You cannot walk a plane aisle every ten minutes, and you do not need to. Your calf pump only needs a little activation to keep blood moving. The goal is simple: never sit completely still for more than about an hour. Do a round of these three moves every thirty to sixty minutes, right from your seat, and when you can, get up and walk.

1

IN-SEAT MOVE I

Ankle pumps: flex your feet up and down, as if pressing a pedal, about twenty times.

2

IN-SEAT MOVE II

Ankle circles: rotate each foot slowly in both directions, ten circles each way.

3

IN-SEAT MOVE III

Heel and toe raises: lift your heels, then your toes, pressing into the floor.

On a flight, walk the aisle often. On a road trip, stop every couple of hours, get out, and walk for a few minutes. Those short walks are worth more than anything else you do.

Your travel checklist. Pack this page.

Everything in this guide fits into one short list you can run through before and during any trip. Print it, screenshot it, or just remember these simple moves.

When	What to do
Before you go	Compression socks on at home, loose comfortable clothes, and fill a water bottle.
Every hour	Ankle pumps, circles, and heel-toe raises. Never sit fully still for more than an hour.
When you can	Get up and walk. The aisle on a flight, a rest stop on a drive. Short walks matter most.
On arrival	A ten-minute walk, legs elevated later that day, socks on until you're up and moving.

Hydration matters more than you think. Airplane cabins are very dry, and dehydration thickens your blood and makes pooling worse. Drink water steadily, and go easy on alcohol and coffee. More restroom trips are a feature, not a bug: they get you up and moving. Then dress for your veins: loose clothing that does not bind at your waist or knees, no long stretches of crossed legs, and slip-on shoes, because your feet will swell a little on the way.

And here's the item that changes everything: compression socks, on before you leave home. A good pair of graduated compression socks, 15 to 20 mmHg for most people, is the single most effective thing you can wear on a long trip. Put them on before you leave, wear them the whole way, and keep them on until you have been up and moving at your destination. Want help picking the right pair? Grab [The Little Compression Guide](#), it is free too.



A little effort, done right, goes a long way.

Simple habits, healthy legs, and a better trip. That is the whole plan. If you want help choosing the right travel compression, or you want us to order socks for you with free shipping, click the link below and let us know in the comment box. And grab The Little Compression Guide, it's free too.

Here is where to go next.

This is just one little guide, but I put everything I wish every patient knew into one place. The Lumina Signature: Your Private Vein Consultation in Writing. It goes so much deeper than any free guide can: every stage explained in full, every treatment option compared, how to evaluate any provider, navigating insurance, and protecting your results for years to come. Written in plain language, for less than a dinner out. Available for \$27.

If you are local to greater Orlando

We cannot wait to welcome you in our beautiful office, where you'll feel right at home. As the only Spanish-speaking female vascular surgeon in the greater Orlando area, I take pride in offering compassionate and expert care.

And if you are not local...

We still want to see you and stay connected. Follow us on social media and click the link below to let us know you would like to schedule a virtual consultation.

We look forward to welcoming you to Lumina Vein & Aesthetic Institute.

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