

Information about flying with a plaster cast

You have plans to make a flight but your arm or leg is in a cast. Will you be permitted to fly with a cast or not?

Yes, you might still be permitted to fly with a cast, but this depends on strict regulations. An international regulation stipulates that flying with a circular cast (one that totally encircles a limb) is not permitted. This has to do with differences in air pressure in the cabin: during a flight, hands and feet can accumulate fluids and swell. This could make the cast fit too tightly. Airlines apply this international regulation in different ways, so the way they are applied depends on the airline. If you want to fly with a cast on your arm or leg, always contact your airline in advance to get information about its rules.

If you will be flying with a plaster cast, you will have to inform the medical specialist who applies the cast. The specialist can then take this into consideration and, if the injury allows, apply a splint, brace or removable cast instead of a circular cast. Yet another solution is to have the cast split lengthwise to make it easier to open should swelling occur.

Due to the strict regulations, airlines often refer patients to the hospital to get additional information about the cast. To avoid this, and to spare you as a passenger an annoying experience, we recommend that you take the initiative and submit specific information about the kind of cast you have. Specialists in hospitals cannot provide a medical statement ('fit to fly' statement) since the specialist will not be accompanying you on the flight and thus cannot be responsible for you.

This is why SpoedZorgNet has developed a form that provides factual information about the cast. You will be given this form to submit to the airline should it be requested. Although this form does not contain a 'fit to fly' statement, it provides factual information as stipulated in the guidelines of the Royal Dutch Medical Association. This information is sufficient to allow the airline to decide whether or not to allow you onto the flight according to its guidelines for casts.

The 'Information about flying with a cast' gives you all the relevant information about your cast so that you can avoid any confusion and delays.

If you should need assistance at the airport or during the flight, you can indicate this by using the form 'Medical Information Sheet, Resolution 700 (MEDIF) Attachment B'.

Even when submitting the form, it would always be advisable to ask your airline for information in advance!

We wish you a good flight.