

Managing an Extravasation at Home

A small amount of the drug you received may have leaked into the tissue outside of your vein. This is called an **extravasation**. This may cause redness and swelling in the area that may look like a burn. This information will help you care for the affected area at home.

Name of the drug that may have extravasated: _____

How do I check the area?

Once a day look for the following:



- Has the area changed colour or is it more red?
- Is the area blistering, peeling or flaking?
- Is the area more uncomfortable?
- Is the area painful and making it hard for you to move the arm or hand?

Call your Doctor or Nurse if you:

Notice any changes at the extravasation area, such as more:

- Pain or redness
- Blisters
- Streaks of red along the arm
- Signs of skin breakdown
- Swelling

Go your nearest emergency centre if you:

Develop a fever, with a temperature of:

- 38.3°C (100.9°F) or higher at any time

OR

- 38.0°C (100.4°F) to 38.2°C (100.8°F) for at least 1 hour

If you go to an emergency centre, remember to bring your triage letter to give to staff.

What can I do to keep the area from getting irritated or worse?

- Do not use any lotion, cream, or ointments on the area unless your doctor or nurse tells you to.
- Keep the area out of direct sunlight.
- Wear loose clothing over the area.
- Gently pat dry the area with a clean towel after you shower or bathe. **Do not rub.**
- Try to keep the area dry. Showering is okay, but activities that keep the affected area in water for a long time (washing dishes, going in hot tubs or swimming pools) are not a good idea unless it's protected with something watertight.

How do I care for the area?

Follow these instructions for the next **1 to 2 days** (24-48 hours):

	Do:	This will help to:
<input type="checkbox"/>	Apply a cold compress to the area 4 to 6 times a day for 15 to 20 minutes. A cold compress may be a bag of ice or a store bought ice/gel pack. Make sure you put a clean towel or pillow case around it before you put it on the area.	Reduce the swelling and discomfort and may reduce irritation to the tissue.
<input type="checkbox"/>	Apply a warm compress to the area 4 to 6 times a day for 15 to 20 minutes. A warm compress may be a towel soaked with warm water or a store bought gel pack. Make sure you put a clean towel or pillow case around it before you put it on the area.	Reduce the swelling and discomfort and may reduce irritation to the tissue.
<input type="checkbox"/>	Use a pillow to raise your affected arm or use a sling when possible.	Reduce the swelling.
<input type="checkbox"/>	Gently stretch the affected area by opening and closing your fingers.	Keep your hand and joints flexible.

Other Instructions:

Follow-up appointment booked:

Date/Time: _____

Name: _____

Location: _____

For any concerns please call: _____



If you have any questions or concerns, please call your Cancer Centre with the numbers you have been provided.

