

Care at home after an extravasation injury: cold or warm pack

An extravasation injury occurred during your visit. Your injury happened with a medicine called:

What is an extravasation injury?

An extravasation injury happens when some of the medicine leaks out of the vein and into the surrounding tissue.

The medicine may irritate your skin and tissues, causing swelling or blistering in the area. Sometimes there might be more serious damage, such as ulcers or blisters.

What to do at home

Continue treatment

Your team has already started treatment for the injury. You need to continue this at home.

Follow the instructions provided by your team, and the **treatment guidelines** on the next page.

You will also be given follow up appointments to monitor your injury.

Watch and protect the injury

The injury needs to be protected and watched closely for a few days or weeks:

- Look at the area around the injury every day to see if there are any changes (e.g. change in colour, blistering or peeling).
- Do not rub or scratch the area.
- Do not wear tight clothing over the area.
- Protect the area from sunlight.
- Raise the injured arm on a pillow if this helps.
- Exercise/move the injured arm gently.
- Do not use any creams or lotions on the area without asking your doctor or clinic first.

Contact your treating team or go to your nearest emergency department immediately, if:

- you have a temperature over 38°C
- you have severe pain
- the injury gets worse e.g. increased redness, swelling or blistering.

Contact numbers

Daytime: _____

Night/weekend: _____

Treatment guidelines

The treatments below are used to reduce swelling and irritation. They also reduce the chance of more damage. Only use the treatment that has a tick.

Put a COLD pack on the affected area

When to use this treatment

Repeat the treatment every 6 hours (during waking hours) for the first 2 days.

How to use the treatment

1. Take a cold pack and make sure the outside of it is dry. You can use a plastic bag to cover it, if needed.
2. Put a thin, clean cloth (e.g. tea towel) over the injured area or around the cold pack.
3. Place the cold pack on the injured area and leave for 15 to 20 minutes.*

* Remove the pack sooner if it causes discomfort.

Put a WARM pack on the affected area

When to use this treatment

Repeat the treatment every 6 hours (during waking hours) for the first 2 days.

How to use the treatment

1. Take a warm pack and make sure the outside of it is dry. You can use a plastic bag to cover it, if needed.
2. Put a thin, clean cloth (e.g. tea towel) over the injured area or around the warm pack.
3. Place the warm pack on the injured area and leave for 15 to 20 minutes.*

* Remove the pack sooner if it causes discomfort.

Other instructions

Follow-up appointments

Date: _____

Date: _____

Time: _____

Time: _____

Clinic: _____

Clinic: _____

For information for patient and carers scan the QR code



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