

## Care of Extravasation - Patient Instructions

### What is an extravasation?

You might have noticed some pain and swelling around the needle site while you were getting your chemotherapy. When chemotherapy medication leaks out of your vein and into your skin, it is called an 'extravasation' (sounds like ex-tra-vah-say-shun). Extravasation is rare. Even though we are very careful when giving chemotherapy, it can sometimes be hard to prevent it from happening.

If extravasation does happen, some chemotherapy medications can hurt your skin. Your skin can:

- get red, inflamed, and irritated
- blister
- develop an ulcer (an open sore)

*The medication that leaked out of your vein was:*

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### What do I need to do?

- Wrap a cold pack in a towel and place it on your arm over sore area.
  - leave the cold pack on for 15 to 20 minutes.
  - use the cold pack 4 to 6 times a day for the next 2 days.
- Rest your arm on pillows whenever possible.
- If you are going to have a shower or bath, try to keep the sore arm as dry as possible.
- After showering or bathing, gently pat with your towel to dry the sore arm.
  - do not rub the area.
- Do not put any lotion, cream, or ointments on the hurt skin except when your doctor or nurse has directed you to use a specific product.
- Do not wear anything tight over your sore arm.
- Do not expose sore arm to sunlight.

# IN PATIENT

**daunorubicin**

**doxorubicin**

**mitomycin**

**mitoxantrone**

***Call your nurse*** if you notice any of the changes below:

- more pain
- redness
- your skin becomes more swollen or puffy
- your arm becomes 'stiff'
- new blisters or sores
- a red 'stripe' along your arm

The information in this document is intended solely for the person to whom it was given by the health care team.