

Instructions for Infiltration or Extravasation

What is my main problem?

I have had an IV infiltration or extravasation of _____:

- Infiltration happens when IV fluid or medicine leaks into the tissue.
- Extravasation is the same as infiltration except that the fluid that leaks into the tissue is called a “vesicant”. Vesicants are medicines or contrast (x-ray dyes) that can cause injury to the tissue. I have had this happen to me in my arm.

What I need to do...

- Keep the area clean and dry.
- Avoid tight clothing.
- Avoid exposing the site to the sun.
- Keep my arm above my heart as much as possible for the next 2 days.
- Put a warm or cold wet compress, as instructed, on my arm for 20 minutes four times a day for the next 2 days.
- Avoid hard physical activity for the next 24-48 hours.
- Look at the site every day. Call my doctor if I notice:
 - Blisters on my skin.
 - More pain in my arm.
 - My hand or arm becoming numb or tingling below where the fluid has leaked.
 - More swelling.
 - Redness where the fluid leaked.
 - Skin peeling.
 - I have a fever or chills.

These things may happen even several weeks after the leak occurs.

- If I have questions I can call _____.
- My follow-up appointment is scheduled for:

Date: _____

Time: _____

Why it is important for me to do this?

In order to help my arm heal and not cause further damage, I need to follow these directions.

Person reviewing the instructions: _____

Date _____ Time _____

The instructions have been explained to me. I understand the instructions. All my questions have been answered. I have been given a copy of these instructions.

Signature: _____ Date: _____