

## Managing Extravasation at Home after IV Contrast Injection

During your simulation markings appointment, a rare complication may have occurred called extravasation. This is when the IV contrast (dye) leaks out of the vein and under the skin. This may cause redness and swelling in the area that may look like a burn.

It is important for you to care for your skin. Use a cold compress on the area. Repeat the treatment every 6 hours for the first 2 days. A cold compress may be a bag of ice or a store-bought ice/gel pack.

How to care for the affected area:

1. Take the cold compress and cover it with plastic.
2. Put a thin, clean cloth (e.g., tea towel) over the affected area or around the compress.
3. Place the compress on the affected area and leave on for 15 to 20 minutes only. Do not fall asleep with the compress in place.

Other Useful Things to Know:

A member of your radiation treatment team will outline the affected area with ink and may take a picture with your consent to help watch for any changes in size.

Look at the affected area every day to see if there are any other changes (e.g., change in colour, increased pain, blistering or peeling).

How to care for the affected area at home:

DO	DO NOT
<ul style="list-style-type: none"> <li>• Raise your arm on a pillow, as much as you can, for the next 24 to 48 hours to help reduce swelling.</li> </ul>	<ul style="list-style-type: none"> <li>• Rub or scratch the area.</li> </ul>
<ul style="list-style-type: none"> <li>• Try to keep the area dry. Showering is okay.</li> </ul>	<ul style="list-style-type: none"> <li>• Wear tight clothing on the area.</li> </ul>
<ul style="list-style-type: none"> <li>• After a shower or bath, pat the area dry only.</li> </ul>	<ul style="list-style-type: none"> <li>• Use any creams or lotions on the area without asking your radiation treatment team first.</li> </ul>
<ul style="list-style-type: none"> <li>• Exercise/move the affected arm gently. Open and close fingers and rotate wrist.</li> </ul>	<ul style="list-style-type: none"> <li>• Use hot tubs or swimming pools.</li> </ul>

DO	DO NOT
<ul style="list-style-type: none"> <li>Cover the area with dry gauze loosely if open or irritated.</li> </ul>	
<ul style="list-style-type: none"> <li>Use an over-the-counter pain medication (such as Tylenol® /Advil®) as needed. Check your temperature before taking to make sure you do not have a fever. If you do have a fever (temperature of 38.5°C or above) and are currently on chemotherapy, follow the directions on your yellow alert card.</li> </ul>	
<ul style="list-style-type: none"> <li>Protect the area from sunlight.</li> </ul>	

If you have followed the above care instructions and the following symptoms become unmanageable, please go to your closest emergency department:

- Increased pain in affected area.
- Increased swelling in affected area.
- Redness that spreads past the outline drawn around the area by a member of your radiation treatment team.
- Blisters.
- Skin breakdown in affected area (new areas of open skin or oozing).

*Prepared by: Nova Scotia Health Cancer Care Program  
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*It is not intended to replace the advice or professional judgment of a health care provider.  
If you have any questions, please ask your health care provider.*