How to Care for Your Contrast Extravasation

What is a contrast extravasation?
During your test today, you were given contrast media (dye) through your vein. Some of this dye leaked out of your vein and into your tissues. This is called contrast extravasation.

Does an extravasation hurt?
An extravasation may cause pain, burning, redness, or swelling. Usually, the extravasation area gets better quickly. You can try any of the following actions to help make you feel more comfortable:

- Apply ice packs to the area for 15 to 30 minutes at a time.
- Take pain medication as ordered by your doctor.
- Elevate the site above your heart.

What should I watch for?
You and your nurse (if you are in the hospital) should watch this area closely. Let your doctor and/or nurse know if you notice any of the following:

- Increase in pain
- Increase in redness or skin color change
- Blister or skin peeling
- Firmness around the area of the extravasation
- Unusually cold/hot temperature at the area or below the area of the extravasation
- Change in sensation (numbness or tingling) of the arm where the extravasation occurred.

If you have any questions or concerns about your contrast extravasation, please talk to your doctor or nurse.