



Trapped Blood - Intravascular Hematoma

You have been diagnosed with an intravascular hematoma, which is a collection of trapped blood within a treated vein. It is more common in large varicose veins and those very close to the skin. It is generally not dangerous and your body will eventually reabsorb the blood. However, the trapped blood can produce pain and inflammation (phlebitis) while the vein is healing. The treated vein generally feels hard or lumpy, sore, and the skin over it may be red or develop brownish "hyperpigmentation" as the blood pigments are reabsorbed. Some patients experience pain.

Treatment for intravascular hematoma or "trapped blood":

- Ice the area for 20 minutes at a time, at least 4 times daily until inflammation subsides. Put ice cubes in a re-sealable (Ziplock) bag. Put a barrier like a thin washcloth under the bag to protect the skin from excess cold.
- Anti-inflammatory medication such as ibuprofen (Advil, Motrin) or naproxen sodium (Aleve), following the instructions on the bottle. If you are unable to take this type of medication, you can use acetaminophen (Tylenol) for pain control).
- A topical anti-inflammatory medication (Voltaren gel) may also be prescribed.
- Continue wearing compression stockings, walking regularly, and elevating the legs when you are at rest.
- The doctor may recommend removal of the trapped blood with a small needle, which usually provides immediate improvement in symptoms.

You should seek medical attention immediately, either here or the nearest emergency department for the following:

- Hematoma getting significantly bigger
- Fever over 100.4F or with shaking chills
- Redness that spreads outward from the area
- Breakdown of the skin or drainage of fluid from the affected area
- New/increasing pain or swelling in the leg, especially if it gets worse with walking.

Depending on how extensive the trapped blood is, a follow-up ultrasound may be recommended to make sure the clot is resolving and has not progressed towards any deep vein

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