

Elevate

[Elevated Arm](#)

Elevating the affected extremity will promote circulation and help decrease swelling caused by the inflammatory process of superficial thrombophlebitis.

Warm Compress

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In patients with superficial thrombophlebitis, applying a warm compress to the affected site will help increase circulation and decrease discomfort.

Considerations

Rotate Sites Q3 Days

[Rotating \(3\) Tree Day-calendar](#)

Prolonged IV catheter insertion may lead to superficial thrombophlebitis. Rotating the IV insertion site every 3 days (72 hours) may help minimize the risk of developing a thrombus.

Aseptic Technique

[Techniques in A-septic-tank](#)

Aseptic technique minimizes the risk of transmitting microorganisms during invasive procedures, such as IV catheter insertion. Maintaining aseptic technique is critical for preventing the development of superficial thrombophlebitis. If the affected site has purulent drainage, cultures may be collected to determine the causative microorganism.