



VeinCare

Look after your veins

You can limit the damage to your veins by:

- using a new sterile needle every time;
- not using too much acid;
- injecting slowly; and
- not flushing after your hit.



1
The lining of the vein can get damaged by the needle, the drug (especially crack), injecting too often or too fast, using too much acid, infection and 'flushing.'



2
Damage to the lining of the vein causes clots to form on the inside of the vein.



3
The disruption of blood flow causes more clots to form, making the vein even narrower.



4
Eventually the vein blocks, and the clots turn into scar tissue which shrinks and pulls the sides of the vein together, causing it to collapse.

Collapsed veins never recover.

Go slow. Be gentle.

Rotate sites.

Use a new sterile needle and syringe every time.

Look after your veins.

For more information, ask your drug worker for a copy of the Vein Care booklet.