

Morel Lavallee Lesion Treatment Handout

What is a Morel Lavallee lesion?

A Morel Lavallee lesion is a closed degloving injury that occurs when the skin and underlying fascia separate, causing blood, lymph, and fat to accumulate. This injury is typically caused by high-energy trauma, such as a road traffic accident or a fall.

Symptoms of Morel Lavallee lesion

- Swelling or a fluid-filled mass under the skin
 - Pain and tenderness in the affected area
 - Bruising or discoloration of the skin
 - Reduced mobility or function in the affected limb
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Causes of Morel Lavallee lesion

- High-impact trauma
 - Road traffic accidents
 - Falls from significant heights
 - Sports injuries
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Treatment options for Morel Lavallee lesion

Conservative treatment

1. Compression dressings

Apply a compression dressing to the affected area to reduce swelling and support the tissues. Ensure the dressing is snug but not too tight to avoid cutting off circulation. Reapply as needed, usually once or twice a day, to reduce fluid accumulation and provide support to the injured area.

2. Elevation

Elevate the affected limb above heart level whenever possible using pillows or cushions to maintain the elevated position. This helps reduce swelling by encouraging fluid drainage.

3. Rest

Avoid putting weight or stress on the affected area, and limit movement and activities that could aggravate the injury to allow it to heal naturally without additional strain.

4. Medications

Take anti-inflammatory drugs or pain relievers as your healthcare provider prescribes, and follow the dosage instructions carefully to manage pain and reduce inflammation.

Surgical treatment

1. Aspiration

This procedure, performed by a healthcare provider, involves using a needle to remove the accumulated fluid. If fluid reaccumulates, it may need to be repeated. The goal is to reduce swelling and discomfort by removing excess fluid.

2. Drainage

A surgical drain may be inserted to remove fluid continuously, preventing reaccumulation and reducing pressure. Follow post-surgery care instructions, including keeping the drain clean and dry.

3. Debridement

Surgical removal of dead or infected tissue aims to prevent infection and promote healing by eliminating damaged tissue. Follow all post-operative care instructions, including wound care and medication.

4. Sclerotherapy

A sclerosing agent is injected into the lesion to close off the space where fluid is accumulating. Follow your provider's instructions for post-procedure care with the goal of closing off the lesion space to prevent further fluid accumulation.

Post-treatment care

- **Wound care:** Follow your healthcare provider's instructions on how to keep the affected area clean and dry to prevent infection and promote healing.
 - **Activity restriction:** Depending on the type of treatment, you may need to limit movement or avoid certain activities for a period while the injury heals. Follow your healthcare provider's recommendations for specific restrictions.
 - **Medication:** Take any prescribed medication as directed by your healthcare provider to manage pain, reduce inflammation, and prevent infection during the healing process.
 - **Compression garments:** Wearing compression garments over the affected area can help reduce swelling and provide support during the healing process. Follow your healthcare provider's recommendations for how often to wear the garment and for how long.
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Tips for prevention

- Wear protective gear during high-risk activities.
- Avoid high-impact sports or activities if previously injured.
- Strengthen and condition muscles to support and protect joints and soft tissues.