

# POST-STRANGULATION TAKE HOME INSTRUCTIONS

**MAKE SURE SOMEONE STAYS WITH YOU FOR THE NEXT 24-72 HOURS AFTER THE EVENT.** HEALTH COMPLICATIONS CAN APPEAR IMMEDIATELY OR MAY DEVELOP A FEW DAYS AFTER A STRANGULATION EVENT. PLEASE CALL 911 OR REPORT TO THE NEAREST EMERGENCY DEPARTMENT IF YOU NOTICE ANY OF THE FOLLOWING, BELOW.

- Problems breathing, difficulty breathing while lying down, shortness of breath, persistent cough, or coughing up blood
- Difficulty swallowing, lump in your throat, or muscle spasms in your throat or neck
- Swelling to your throat, neck or tongue/ increased neck pain
- Changes in your voice (sounding hoarse), difficulty speaking or understanding speech
- Loss of consciousness or “passing out”
- Dizziness, lightheadedness or vision changes
- Headache not relieved by pain medication
- Drooping eyelid, left or right sided weakness, numbness or tingling
- Difficulty walking
- Pinpoint red or purple dots on your face or neck, or burst blood vessels in your eye
- Seizures
- Behavioral changes, memory loss or confusion
- Thoughts of harming yourself or others

**IF YOU ARE PREGNANT, REPORT THE STRANGULATION AND ANY OF THE FOLLOWING SYMPTOMS TO YOUR DOCTOR IMMEDIATELY:**

- **Decreased movement of baby**
- **Vaginal spotting or bleeding**
- **Abdominal pain**
- **Contractions**

**AFTER YOUR INITIAL VISIT, KEEP A LIST OF ANY CHANGES IN SYMPTOMS TO SHARE WITH YOUR HEALTHCARE PROVIDER.**

A follow up examination is needed within 72 hours. It is important to have a follow up medical screening in 1 to 2 weeks with your healthcare provider.

You will be contacted and receive follow-up treatment by the Sexual Assault/Domestic Violence Team within the next 48 hours. It is important to come for this follow up, so that you can be reassessed.

We can be reached through switchboard at t: 705-743-2121

Ask for the Sexual Assault / Domestic Violence Nurse On Call.