

Frostbite injury

Immediate Actions

PROTECT
Handle carefully

REMOVE
Constricting clothing/jewellery

Analgesia

- NSAID +/- paracetamol
- Escalate as needed

Rapid rewarming

- Immerse in water @ 37-39°C
- Thaw over 30 min or longer
- Dab/air dry

Assess severity

- Assess Cauchy grade 1-4
- Document site, extent, blisters
- Photograph (patient's own phone)

Grade 1

Supportive treatment:

- Debride/aspirate clear blisters
- Topical aloe vera
- NA dressing
- Ibuprofen every 6 hrs
- PPI daily
- Elevation of affected part
- Avoid tobacco and alcohol
- Tetanus as per local guidelines

Less than 72 hours since rewarming

Grades 2 & 3

Iloprost iv:

- 0.5-2 ng/kg/min
- Administer via syringe pump
- Infuse over 6 hours daily for 5 days
- Supportive treatment as Grade 1

Note: Epoprostenol may be used as an alternative to Iloprost

Grade 4

- Consider angiography/technecium scan
- Do not surgically debride
- Iloprost iv; as Grades 2 & 3
- Supportive treatment as Grade 1

< 24 hrs since
freezing

Add

- Tenecteplase single iv bolus or alternative tPA.
- Enoxaparin for 72 hours