

**MEDICAL CENTER DEPARTMENT OF
EMERGENCY SERVICES
DOMESTIC VIOLENCE AND STRANGULATION
Discharge Instructions**

It is important that someone stays with you for the next 24–72 hours after the strangulation event. Health complications can appear immediately or may develop a few days after the event. You have reported being “choked” or “strangled”, therefore, we are providing you with the following important aftercare instructions:

You should call 911 or report immediately to the nearest emergency department if you notice:

- Difficulty breathing,
- Persistent cough or coughing up blood
- Loss of consciousness or “passing out”
- Changes in your voice, difficulty speaking, or understanding speech
- Difficulty swallowing, feelings of a lump in your throat or a muscle spasm in your throat or neck
- Swelling to your throat neck of tongue
- Increasing neck pain
- Left or right sided weakness, numbness or tingling
- Drooping eyelid
- Difficulty walking
- Headache not relieved by pain medication
- Dizziness, lightheadedness or changes in vision
- Pinpoint red or purple dots on your face or neck
- Burst blood vessels in your eyes
- Seizures
- Behavioral changes, memory loss, or confusion
- If you are having 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 the baby
- Vaginal spotting or bleeding
- Abdominal pain
- Contractions

You may notice some bruising or mild discomfort. Apply ice to the sore areas for 20 minutes at a time, 4 times per day, for the first 2 days.

Call the office with your neck re-measurement in 24 hours at _____.

Leave your name and date of your examination and the measurement number as directed.

After your initial evaluation, keep a list of any changes in symptoms to share with your healthcare provider and your law enforcement contact. If you notice new bruising or injury, follow up with your detective for additional photo documentation. Additionally, it's important to have a follow-up medical screening in 1–2 weeks with your healthcare provider.

Please check the follow that apply:

- ❖ Refer to primary care 14 days for follow up
- ❖ Safety plan reviewed
- ❖ Advocate present
- ❖ Reviewed after care instructions and strangulation warning signs
- ❖ Schedule re check for photography follow up
- ❖ Resource handout given
- ❖ Other

A follow-up forensic examination is needed within 72 hours with primary care provider. Please follow up with the crisis/advocacy center at _____ to clarify your options and discuss safety planning and victim witness follow-up. If you have questions or concerns regarding your legal case, please contact the police department, officer involved, prosecutor, or victim advocate by calling _____.

Forensic Nurse: _____ Office Phone: _____