Immediate hospital care

Yes

Untreated systemic hypothermia OR Trauma OR Unstable comorbidities

Treat

No

Analgesia
- Ibuprofen 400mg BD
- Opiates as required

Rewarming of extremities in water bath at 37-39°C with added chlorhexidine or povidone iodine for 30 minutes to 1 hour

Assessment of severity - Grades 1-4
Document severity for comparison after therapy
Photograph or Diagram of affected extremities

Blisters
- If clear consider aspiration
- If haemorrhagic consider leaving
- Simple non adhesive dry dressings

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If haemorrhagic consider leaving
Simple non adhesive dry dressings