



STRANGULATION/NECK COMPRESSION DISCHARGE INSTRUCTIONS

If you have been *choked*, *strangled* or have experienced *compression of the neck*, you need to be sure someone stays with you for the next **24-72 hours**. Please be aware of the following:



RING 000 OR REPORT TO THE NEAREST HOSPITAL EMERGENCY DEPARTMENT IF YOU NOTICE ANY OF THE FOLLOWING

- Problems/Difficulty breathing (Standing or Lying down)
- Shortness of breath, new persistent cough or coughing up blood.
- Loss of consciousness, seizures, sudden fainting, dizziness, and or feeling lightheaded
- Changes in voice or difficulty in speaking.
- Increased pain and or swelling to neck, throat or tongue.
- Pinpoint red or purple dots on face/neck or burst vessels in your eye.
- Left or right sided weakness, numbness or tingling
- Drooping eyelid/changes to vision
- Difficulty in thinking clearly or understanding speech
- Difficulty Walking
- Behavioral changes, memory loss, confusion and/or thoughts of harming self or others

IF YOU ARE PREGNANT RING 000 OR REPORT TO NEAREST EMERGENCY DEPARTMENT FOR THE FOLLOWING

- Decreased movement of the baby
- Vaginal Spotting or bleeding.
- Abdominal Pain.
- Contractions

WHEN YOU IMMEDIATELY GET HOME

- You may notice some bruising or mild discomfort –
 - Apply ice for 20 minutes at a time / 4 times a day for first 2 days. Make sure you place a cloth between your skin and the ice to avoid ice burn.

KEEPING A LIST

- After your initial evaluation/assessment please keep a list of any changes in symptoms to share with your health care provider and your police contact.

If you notice additional bruising or injury, please contact your treating doctor and ask to be reviewed and request if possible that photos be documented in your file.

Police may organize a forensic practitioner to examine and photograph any injuries.

Strangulation/Neck Compression Discharge Instructions

Survivors of non-fatal strangulation are up to **seven times** more likely to be **victims of homicide**. The national sexual assault, family and domestic violence counselling service is available for anyone in Australia who has experienced or is at risk of family and domestic violence or sexual assault. They are available 24 hours, 7 days a week, free call **1800 737 732** (24 Hours).



1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

Domestic violence in our community is unacceptable. Everyone has the right to live free from harm and to live without fear of violence or abuse.

For **urgent** medical or police help free call Triple Zero (**000**). The cost of your medical care may be covered by your state's victim compensation fund. Please talk to your police contact or healthcare provider if you require further information.

If you are self-isolating or are required to isolate but are in immediate danger, you can leave your house. Contact a domestic violence support service on 1800 737 732 for advice about continuing to isolate in a safe place.



PLEASE - FOLLOW UP

Please follow up with 1800 RESPECT on 1800 737 732 (24 Hours) or your Orange Door www.orangedoor.vic.gov.au

1800 RESPECT will talk through your options and your safety plan. If you have any questions relating to legal proceedings please contact the Police contact or contact your legal adviser. Connect with your healthcare provider below for all non-urgent medical support.

Healthcare Provider: _____

Phone Number: _____ Email: _____

The Men's Referral Service (1300 766 491) and Men's Line (1300 78 99 78) are men's family violence telephone counselling, information and referral services for men using or at risk of using violent or controlling behaviour.

