**Strangulation discharge instructions**

As you have reported being “choked” or strangled, you need to be sure someone stays with you for the next 24-72 hours. This is because this is a high-risk period for delayed injury outcomes. **Please follow the below advice:**

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

[ ]  Problems/difficulty breathing (standing or lying down)

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[ ]  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 speaking

[ ]  Increased pain and/or swelling to the 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

[ ]  Behavioural changes, memory loss, confusion and/or thoughts of harming yourself or others.

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

* Decreased movement of the baby
* Vaginal spotting or bleeding
* Abdominal/stomach pain
* Contractions.

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| **AFTER ASSAULT** |

[ ]  You may notice some bruising or mild discomfort:

* Apply ice for 20 minutes a time / 4 times a day for the first 2 days
* If you notice additional bruising or injury, please contact your treating doctor and ask to be reviewed and that photos be documented to file.

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| **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:
* Apply ice for 20 minutes a time / 4 times a day for the first 2 days
* If you notice additional bruising or injury, please contact your treating doctor and ask to be reviewed and that photos be documented to your file notes.
* The cost of your medical care may be covered by your state’s victim compensation fund. Please talk to your police contact about this if you require further advice.



1800 737 732 (24 HOURS)

The national sexual assault, family and domestic violence counselling service is for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault, 24 hours a day, 7 days a week. Domestic violence in our community is unacceptable. Everyone has the right to be free from harm and to live without fear of violence or abuse. All victims need compassionate and highly responsive support.

The ***Help is Here*** campaign provides information on support services available to anyone affected by domestic and family violence, to help them access the support they need, when they need it.

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**For urgent medical or police help, free call**

**Triple Zero – 000**

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| **FOLLOW UP** |

Please follow up with the Domestic Violence Support Service on **1800 737 732** (24 hours)

They will clarify your options and will discuss safety planning with you. If you have any questions related to the legal proceedings please contact your police contact or your
legal adviser.



The Men’s Referral Service is a men’s family violence telephone counselling, information and referral service for men using or at risk of using violent or controlling behaviour. Call 1300 766 491.

BCHS CONTACT:

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| --- | --- |
| Name: | Phone: |
| Email: |