

Physical Aftercare and First Aid



Emergency Numbers

DOCTOR	
POISON	
POLICE	
FIRE	

How to Call for Help

Stay Calm. Getting hysterical often panics the victim, hinders communication with emergency personnel and can cause even more harm and delay. If in a crowd, and surrounding persons are unable to stay calm, perform crowd control and guide them away from the area.

When calling for help give:

- Precise location and phone number; if address is unknown look around for landmarks, businesses and cross streets.
- The nature of the emergency or injury. Do not lie about how it happened.
- The number of people affected.
- Your name.
- Ages and genders of victim(s).

When Should You Call For Help?

An emergency is considered an **immediate** threat to persons and/or property. These may include but are not limited to: Heart Attacks, Injuries from falls, Illnesses, Allergic Reactions and Seizures.

Play related situations include but are not limited to:

- Loss of consciousness
- Burns that break the skin
- Uncontrolled bleeding
- Numbness that does not go away or gets worse

Signs of Shock

- Passing out (losing consciousness).
- Feeling very dizzy or lightheaded, like you may pass out.
- Feeling very weak or having trouble standing up.
- Being less alert. You may suddenly be unable to respond to questions, or you may be confused, restless, or fearful.

Prompt Care can save a person's life.

- **Call** 911 or other emergency services.
- Have the person lie down. If there is an injury to the head, neck, or chest, keep the legs flat. Otherwise, raise the person's legs at least 12 in. (30 cm).
- If the person vomits, roll him or her to one side to let fluids drain from the mouth.
- Stop any bleeding.
- Keep the person warm but not hot. Put a blanket under the person, and cover him or her with a sheet or blanket, depending on the weather. If the person is in a hot place, try to keep the person cool.
- Take the person's pulse in case medical staff on the phone need to know what it is. Take it again if the person's condition changes.
- Try to keep the person calm.

Common Ailments

Bruises
Swelling
Cuts/Scrapes
Muscle Cramps
Chaffing
Numbness
Burns
Low Blood Sugar
Dizziness

Signs of Infection

If the wound isn't healing or you notice any of these signs of infection, call your doctor right away:

- Redness, swelling, and warmth
 - Increasing pain
 - Odorous drainage from the cut
 - Temperature over 100 F
 - Red streaks around the wounds
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Muscle Cramps

Have the victim stretch out the affected muscle to counteract the cramp.

Massage the cramped muscle firmly but gently.

Apply heat. (Use a heating pad or a hot water bottle wrapped in cloth.) Moist heat is more effective than dry heat.

Do not apply direct heat to the skin.

Get medical help if cramps persist.

Bruises and Swelling

1. Reduce Bruising and Swelling

- Ice the area on and off for the first 24-48 hours.
- Apply ice for about 15 minutes at a time, and always put something like a towel or washcloth between the ice and your skin.
- Elevate the area above the heart.

2. Treat Symptoms

- For pain, take acetaminophen (Tylenol). Avoid aspirin or ibuprofen (Advil, Motrin), which can prolong bleeding.

3. When to Call a Doctor

- If bruise is accompanied by extreme pain and swelling, especially if the person is taking a blood-thinning medication.
- If bruises appear on skin for no apparent reason. If a bruise has a hardened, firm area underneath the skin. This is a sign of a hematoma. If this area is enlarging rapidly under the skin, call 911 immediately. This is a sign of a possible artery rupture.

3. Follow Up

- Two days after a bruise develops, apply a heat pack or wash cloth soaked in warm water to the area several times a day to promote healing.
- Pain and tenderness should get better within a few days and the bruise should go away within a couple of weeks.

4. Recommended Fast Healing Tips

- Rub the area of the bruise regularly to encourage more blood flow to the area to clear up the bruise. Do NOT rub a hematoma.
- Arnica gel or cream has been often recommended but has no medical studies that support its magical bruise-healing properties. It is likely the rubbing of the area that does the healing rather than the topical agent.

OTC Pain Medication			
OTC Med	Pain Reliever	Reduce Fever	Reduce Swelling
Acetaminophen	X	X	
Ibuprofen	X	X	X
Naproxen	X	X	X
Aspirin	X	X	X

Chafing

- Gently clean the chafed area with water and dry it thoroughly. After cleaning the area, apply a substance like A&D ointment.
- If the area is very painful, swollen, bleeding, or crusted, your health care provider may recommend a medicated ointment.
- Give your skin some time to heal from chafing before being active again. Continued friction will only make it worse and could lead to infection.
- If your skin chafing does not improve after trying these self-care measures, make an appointment to see your doctor. You may need an antibiotic ointment if the area becomes infected.

What to Do if You Feel Dizzy

If you're standing and you get dizzy, sit or kneel down so that if you black out, you won't have a long fall. Lower your head and begin take two or three deep breaths, but at the rate you were breathing when you started to feel dizzy.

You should recover in moments unless there is something seriously wrong. It might be a good idea to consult a medical professional, depending on the circumstances under which an individual became dizzy.

HOW TO GIVE HANDS-ONLY CPR

If you see a teen or adult suddenly collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Stayin' Alive." CPR can more than double a person's chances of survival, and "Stayin' Alive" has the right beat for Hands-Only CPR (<http://handsonlycpr.org>).

Cuts and Abrasions

1. Clean the wound

- Rinse the cut or scrape with cool water to remove dirt and debris. You can hold the area under running water or pour clean water over it from a cup. Use soap and clean the wound area.

2. Stop the Bleeding

- A little bit of blood can be a good thing, because it helps clean out the wound. Smaller cuts and abrasions usually stop bleeding on their own. A cut to the head or hand may bleed more because those areas have a lot of blood vessels.
- To stop the bleeding, gently apply firm, direct pressure using a clean cloth or gauze. Continue to hold pressure steadily.
- Don't raise the cloth or gauze to check on the wound, because that could cause the wound to start bleeding again. If blood seeps through the dressing, just put more on top and keep applying pressure. If the cut is on your hand or arm, you can help slow the bleeding by raising it above your head.

3. Cover the Cut or Scrape

- Once the bleeding has stopped and the wound is clean, you should cover it with a sterile bandage or gauze pad and tape.

Numbness and Tingling

- Numbness is an inability to feel anything when you touch your skin. Tingling is a pins-and-needles sensation, like when your foot "falls asleep." You may feel like the part you touch does not belong to you. It is normal to have temporary changes in feeling after an injury or when swelling is present.
- Numbness or tingling may mean that nerves have been injured or pinched, swelling is putting pressure on nerves, or blood vessels have been injured.

When to Call a Doctor

- You have a cut or puncture wound that may have cut a nerve.
- You have a complete loss of feeling.
- You have symptoms of decreased blood flow, such as pale, white, blue, or cold skin.
- You have muscle weakness not caused by pain.
- Symptoms don't go away.
- Symptoms go away, but keep coming back.

Signs of Low Blood Sugar

Even if you don't have Diabetes you can experience low blood sugar from exertion. You may have one or more of the following signs and symptoms of hypoglycemia.

- Blurred vision, dizzy, light-headed, shaky, or weak.
- Drowsy or tired.
- Fast or pounding heartbeat, or sweating more than usual.
- Headache.
- Nausea (upset stomach) or feeling very hungry.
- Irritable, nervous, or confused.
- If your sugar is very low, you may faint or have seizures.

Treating a Low Blood Sugar Episode

Things that you can do to help yourself get through the low blood sugar episode - Start by consuming 15 grams of a fast-acting carbohydrate such as:

- Take two or three glucose tablets (available at pharmacy).
- Take one tube of glucose gel (available at pharmacy).
- Chew four to six pieces of hard candy (not sugar-free).
- Drink 1/2 cup fruit juice.
- Drink 1 cup skim milk.
- Drink 1/2 cup soft drink (not sugar-free).
- Eat 1 tablespoon honey (placed under your tongue for rapid absorption into the bloodstream).
- Eat 1 tablespoon table sugar.
- Eat 1 tablespoon corn syrup.

If a person does not or cannot respond by eating something to raise blood glucose, symptoms progress to confusion, drowsiness, changes in behavior, coma, and seizure.

Burns

A burn is a type of injury to flesh or skin caused by heat, electricity, chemicals, light, radiation or friction. Most burns affect only the skin (epidermal tissue). Rarely, deeper tissues, such as muscle, bone, and blood vessels can also be injured.

Most minor burns will heal on their own, and home treatment is usually all that is needed to relieve your symptoms and promote healing. But if you suspect you may have a more severe injury, use first-aid measures while you arrange for an evaluation by your doctor.

First aid for burns

First, stop the burning to prevent a more severe burn.

- Heat burns (thermal burns): Smother any flames by covering them with a blanket or water. If your clothing catches fire, do not run: stop, drop, and roll on the ground to smother the flames.
- Cold temperature burns: Try first aid measures to warm the areas. Small areas of your body (ears, face, nose, fingers, toes) that are really cold or frozen can be warmed by blowing warm air on them, tucking them inside your clothing or putting them in warm water.
- Liquid scald burns (thermal burns): Run cool tap water over the burn for 10 to 20 minutes. Do not use ice.
- Friction burns: Use cool cloths on burned areas. Treat with soothing lotions that contain aloe vera to relieve pain and swelling.
- Chemical burns: Natural foods such as chili peppers, which contain a substance irritating to the skin, can cause a burning sensation. When a chemical burn occurs, find out what chemical caused the burn. Call your local Poison Control Center or the US National Poison Control Hotline (1-800-222-1222) for more information about how to treat the burn.
- Tar or hot plastic burns: Immediately run cold water over the hot tar or hot plastic to cool the tar or plastic.

Remove any jewelry or clothing at the site of the burn. If clothing is stuck to the burn, do not remove it. Carefully cut around the stuck fabric to remove loose fabric. Remove all jewelry, because it may be hard to remove it later if swelling occurs.

- Use cool cloths on burned areas.
- Take frequent cool showers or baths. Caution: Only use creams that are water soluble on burns, and only if skin is still intact (First degree). Never use on open blisters or on

What About Sub Drop? Top Drop?

Much of what you experience during drop is an emotional/mental reaction to the decrease of endorphins and adrenaline, however you can also experience physical symptoms like shivers or chills, headaches and fatigue. Treat these with a blanket, mild OTC pain reliever and rest.

Top Drop -

<http://sirstompsalot.com/2011/10/20/top-drop/>

Sub Drop -

<http://www.submissiveguide.com/2009/03/sub-drops-emotional-side/>

burns where there is full skin loss.

- Apply soothing lotions that contain aloe vera to burned areas to relieve pain and swelling. Applying 0.5% hydrocortisone cream to the burned area also may help. Note: Do not use the cream on children younger than age 2 unless your doctor tells you to. Do not use in the rectal or vaginal area of children younger than age 12 unless your doctor tells you to.

There isn't much you can do to stop skin from peeling after a burn-it is part of the healing process. Lotion may help relieve the itching.

Other home treatment measures, such as chamomile, may help relieve your burn symptoms.

Symptoms to watch for during home treatment

Call your doctor if any of the following occur during home treatment:

- Pain, limited movement, or numbness develops.
- Difficulty breathing develops.
- Develop severe chest pain.
- Signs of infection develop.
- Symptoms become more severe or frequent.

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