

Fast Facts

Frostbite

- Happens when skin and underlying tissues freeze
- Usually caused by exposure to cold-weather conditions
- Can also occur by having direct contact with ice, frozen metal, or very cold liquids
- Most common on the fingers, toes, nose, ears, cheeks, and chin
- If you don't wear clothes that are suitable for the conditions and/or stay out in the cold and wind for too long, your chances of developing it increase drastically
- Even if you're wearing protective clothing, frostbite can still happen
- Has several stages: frostnip, superficial frostbite, and deep (severe) frostbite

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Initial:</i></p> <ul style="list-style-type: none"> -Cold skin -Prickling feeling <p><i>Later:</i></p> <ul style="list-style-type: none"> -Numbness -Red/white/bluish-white/grayish-yellow skin -Hard/waxy-looking skin -Clumsiness -Joint/muscle stiffness -Blistering after rewarming (severe cases) 	<p><i>All:</i></p> <ul style="list-style-type: none"> -Avoid further exposure to cold -Don't apply direct heat or rub the area -Remove tight clothing/jewelry -Don't walk on affected feet -Take over-the-counter pain relievers -Don't pop any blisters <p><i>Frostnip:</i></p> <ul style="list-style-type: none"> -First aid at home -Rewarm area gradually -Apply aloe to area several times a day <p><i>Frostbite (Superficial or Deep):</i></p> <ul style="list-style-type: none"> -Rewarm area -Prevent infection -Elevate to reduce swelling -Remove any dead tissue 	<ul style="list-style-type: none"> -Know the weather forecast so you'll know how to dress -Dress in layers -Undergarments should wick away moisture from your skin -Outer garments should be windproof and waterproof -Remove wet clothing as soon as possible -Wear a hat or headband that covers your ears -Mittens are better than gloves -Socks should wick away moisture while providing adequate insulation -Can use hand and foot warmers in mittens and boots -Limit the amount of time you spend outdoors in cold, wet, or windy weather -Keep moving—just don't overdo it -Watch for signs of frostbite and if you notice any, go inside -Avoid drinking alcohol when you're outdoors in cold weather -Before going out in the cold, eat well-balanced meals and stay hydrated -If traveling in cold weather, make sure you have emergency supplies and warm clothes with you in the event you become stranded

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