

## FROSTBITE

1. Gentle assessment (cellular ice crystal damage may result from rough handling).
2. Protect patient from further exposure.
3. Remove frozen, wet, or restrictive clothing from patient.
4. Permit only gradual warming by room temperature out of hospital, provided you can ensure refreezing will not occur.
5. Protect damaged areas with loose, dry sterile dressings (be prepared to splint).
6. Elevate affected extremities. Do not allow patient to use affected areas.
7. Establish IV/IO access.
8. Administer NS at TKO rate.
9. For severe pain, administer **fantanyl** at 0.5-1 mcg/kg IV/IO/IM. May repeat in 10 minutes, up to a total dose of 3 mcg/kg.
10. Follow all ALS procedures and appropriate protocols.