

Podiatric Emergencies of the Foot, Ankle and Leg

What can I do to be prepared for an emergency?

Have an emergency care kit available in your home and car. Consider a travel emergency kit that can be easily packed for day trips to the beach or park, and to sporting events, like team practices, golf outing, etc. Your emergency care kit can be purchased or created yourself – be sure to include the following:

Dr. Pamela Tola's office phone number: 609-588-5474

Medical Doctor's office phone number

Dentist's office phone number

Emergency Room phone number

Band-aids – assorted sizes

Non-adherent Gauze pads

Gauze sponges 2x2

Tape

ACE Elastic Bandage

Gauze Roll Bandage 3 in.

Antibiotic ointment

Scissors

Ice Pack

Hydrogen Peroxide Spray

Ibuprofen

Burn cream

Saline solution

Benadryl anti-itch cream

Small container with lid (in case of a lost tooth)

HELP! I've got . . .

Patient Educational Links:

Animal bites

Abscess

Allergic Reactions

Bruises

Burns

Cold, Numb Toes or Foot

Cuts

Fall

Heat Exhaustion/Stroke

Insect Stings

Sprains/Strains

Broken Bone

Frostbite

Infected Blister

Ingrown Nail

Loose Toenail

Spider Bite

Sunburn

Tick Bite

What is considered an EMERGENCY for foot, ankle and leg problems? What is considered an URGENT CARE problems?

Aching, throbbing pain not relieved by over-the-counter painkillers (Tylenol, motrin, etc.) : An ache is a deep pain that may even throb and will usually last for long periods of time.

Treatment: RICE, Over-the-counter pain pills

Swelling, not relieved by elevating the foot and limb higher than the heart

Treatment: RICE, ice pack for 15 minutes 3 – 4 times a day.

Salt-water/Epsom salt soaks 15 minutes 2 times a day

Red, warm/hot swollen joint of the foot or ankle:

Treatment: RICE,

Moderate to severe pain with standing and walking