TOURNIQUETS
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Louis Petit's tourniquet, 1718.
Tourniquets

• Used for severe uncontrolled bleeding in the extremities.
  • Open wounds
  • Amputations

• Primary purpose to severely restrict or eliminate distal artery flow but will restrict venous flow as well.
Material for Tourniquet

- Must be a wide material
  - 1-4 inches
  - Commercial tourniquet (best choice)
  - Belt
  - Triangle Bandage
- Does NOT cut into skin
- May need a windlass
- Nothing that stretches
Commercial Tourniquets

Combat Application Tourniquet
Commercial Tourniquets

Emergency Medical Tourniquet
Commercial Tourniquets

Mechanical Advantage Tourniquet
Commercial Tourniquets

SOF
Tactical
Tourniquet
Application

• Use distal or proximal of knee or elbow

• Should be applied WELL BEFORE patient goes into shock

• Apply as close to wound as possible
  • Limits tissue ischemia
Application

• Apply **EARLY** in assessment

• During reassessment loosen if bleeding has slowed

• **NEVER** take tourniquet completely off
Application

- Record time of application
- Make sure hospital staff is aware of tourniquet
- DOCUMENT, DOCUMENT, DOCUMENT, DOCUMENT
Complications

• Localized nerve, muscle, skin, vessel injury at application site

• Deep Vein Thrombosis

• Pulmonary Embolism

• Compartment Syndrome (prolonged application)
Additional Thoughts

• Wide tourniquets (more than 1 inch) are more effective on lower extremities

• Tourniquet may need to be retightened after initial application

• When possible, use a commercial tourniquet over an improvised one
Additional Thoughts

• If pt is conscious, have them remind hospital staff multiple times that they have a tourniquet on

• If at all possible tourniquets should not be applied for more than two hours
QUESTIONS??