Tourniquet Use for Trauma

Felix Boecker, MD FACS
No Financial Disclosures
Use Them

- 1026 patients with peripheral vascular injuries
- **Only 18% with tourniquets**
  - 77.3 +/- 66 minutes
- **Odds ratio for survival 5.9**
- 1.1% delayed amputations in both groups

Choose The Right Type

- Tourniquet pressure >100 mmHg before tightening
- Low-friction, smooth, round redirects are best

Apply Them Correctly

- Above the injury
- Check pulses before and after application
- Tight!
- Don’t remove or loosen once tourniquet is applied
- Might have to use more than one
Complications

- 455 patients
- Median time 60 minutes (8-270 minutes)
- **No difference in mortality or amputation rates**
- Tourniquet use associated with:
  - Severe edema
  - Wound infection
  - Foot drop
  - Rhabdomyolysis (if >60 minutes)

Questions?