



# **First Aid Essentials**

*Instruction Booklet*



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**Healer's® Leg Wraps:**

Healer's® Leg Wraps are designed to either act as a single wrap, Velcro® together to create longer wraps, or to use in conjunction with Healer's® Medical Booties.

*How to use a single wrap:*

The leg wraps have a leading edge to them to start the wrap. Keep the Velcro® on the bottom edge as you wrap up the leg. Wrap snugly and the Velcro® will hold the wrap in place as you go up the leg.

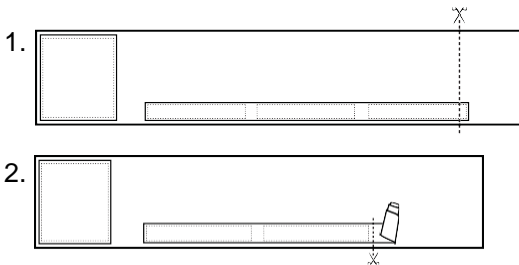
*How to lengthen wrap:*

Velcro® wraps together to extend length.

## Leg Wraps (continued)

*How to shorten wrap:*

Leg wraps are designed so you can shorten them. Cut into the stitching<sup>1</sup> of one of the three Velcro<sup>®</sup>. Peel away the Velcro<sup>®</sup> hook to the next stitch point<sup>2</sup> and you will have a new leading edge without Velcro<sup>®</sup>.



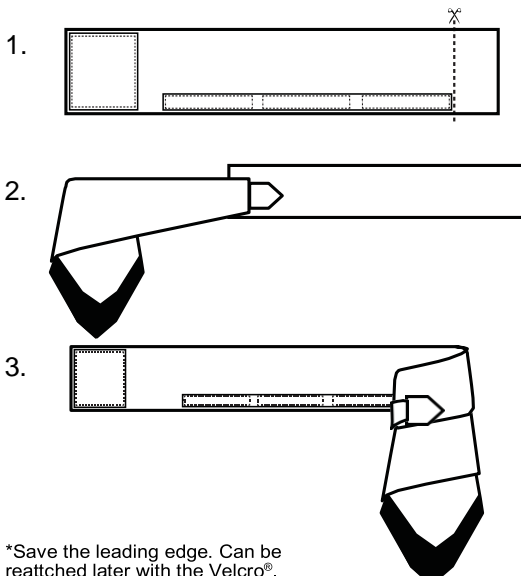
## Healer's<sup>®</sup> Medical Booties:

Step 1: Wrap Leg Wrap.

Step 2: Wrap Paw Bootie slightly overlapping the leg wrap.

*Alternative method:*

Remove leading edge\* of wrap being careful not to cut the stitching of the Velcro® hook<sup>1</sup>. Attach the medical booties' Velcro® tab to the back of the wrap on the side the leading edge used to be<sup>2</sup>. Continue to wrap the leg wrap normally<sup>3</sup>.



\*Save the leading edge. Can be reattached later with the Velcro®.

## **Medical Boots:**

Insert paw into boot and wrap around paw. Initially hook loosely using extra strong Velcro<sup>®</sup>, then pull strap snugly for a secure fit, and hook again.

## **Healers<sup>®</sup> Wound and Skin Care Spray**

This spray is intended for the OTC management of skin abrasions, lacerations, minor irritations, cuts, and intact skin. Safe for use on all animal species.

### *Directions for use:*

Move excess hair from wound area. Clip if necessary. Adjust spray nozzle. Saturate the affected area. If dressing is required, saturate dressing with Healers at each dressing change. Repeat 3-4 times per day until wound is healed. No rinsing necessary. Faster healing is achieved when wounds are cleaned and maintained moist. Safe for use around mouth, nose, eyes, and ears.

**Use Precautions:**

*For external use only. Discontinue use if irritation develops and contact your Veterinarians. **For animal use only. Not for human use.** Keep out of reach of children. Safe if licked by animals. Not for injection. Always consult a veterinarians for systemic conditions.*

**Storage:**

Store at room temperature away from direct sunlight and heat. **DO NOT ALLOW TO FREEZE** because product may lose its potency. After use, seal, or close dispenser.



## Wounds

The appearance of wounds and skin trauma may vary from injury to injury but redness, swelling, dirt inside the wound are common features. Note: *Follow directions of the Skin and wound spray to flush and treat wound.*

If wound is bleeding flush wound, use firm pressure if needed to stop bleeding. Apply direct pressure with gauze or a clean towel/cloth. Wrap wound and transport to veterinary hospital.

## Paw Injury

Calmly secure your pet by wrapping the animal in a towel or blanket. Flush the wound. Make sure your pet's pad is fully cleaned before wrapping. Initially you may wish to wrap paw using the rolled gauze until bleeding slows down. Insert *Healer's® Gauze Pad* into one of *Healer's® Medical Dog Booties*.



Wrap paw with dog bootie. Be sure that the gauze pad is pressed up against the pad. Check the wound frequently for the first hour and replace gauze pad if necessary. Soak the injury twice a day in a water/iodine solution. Re-wrap paw with bootie. Keep wounded area protected for 1-2 months until pads are completely healed. Visit your veterinarian as soon as possible.

### **Bleeding** (*external*)

Muzzle your pet. Press a clean, thick gauze pad over the wound, and keep pressure over the wound with your hand until the blood starts clotting (Always wear latex gloves while treating wounds on your pet). This will often take several minutes for the clot to be strong enough to stop the bleeding. Instead of checking it every few seconds to see if it has clotted, hold pressure on it for a minimum of 3 minutes and then check it.

## **Bleeding** *(continued)*

If bleeding is severe and on the legs, apply a tourniquet (using an elastic band or gauze) between the wound and the body, and apply a bandage and pressure over the wound.

Loosen the tourniquet for 20 seconds every 15-20 minutes. Severe bleeding can quickly be life-threatening—get your animal to a veterinarian immediately if this occurs.

*Data from <http://www.avma.org>*

## **Insect Bites**

*For small local reactions,* there is swelling and pain at the sting site, but no other clinical signs. Try to remove stinger while keeping the pet calm, clean the site and then apply ice. Monitor your pet closely for the next several hours to make sure no further swelling or breathing problems occur.

*For large local reactions* there is swelling of the face, a limb, or “Hives” all over the body. Severe life threatening toxic reactions that occur when a pet is the victim of multiple stings at once (as occur when they disturb a ground dwelling yellow jacket’s nest).

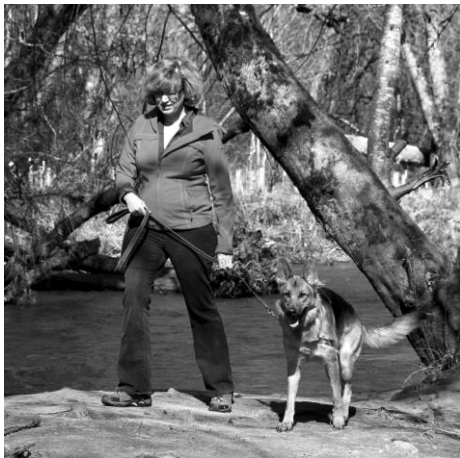
First and foremost, do not put yourself between a pet and a swarm of bees or wasps. If the swarm is still present, have trained personnel wearing full safety gear rescue the pet.

Once the majority of insects have left the victim, throw a blanket over the pet. Muzzle the pet or have someone restrain the head. Examine the entire animal for bleeding, bite wounds, or pain. Multiple bite wounds can be difficult to locate through thick fur. Flush each bite wound with saline (clean water will do).

## **Insect Bites** *(continued)*

Bite wounds are very prone to infection and your pet should be examined for signs of infection and further injury deep to the wound. Wrap wounds and report to a veterinary clinic immediately.

While en route to the clinic, contact a veterinarian by phone, as they may recommend administering anti histamines like Benadryl while you are on the way.



## **Chemical Burns**

Muzzle your pet and flush burn immediately with large quantities of water.

## **Severe Burns**

Muzzle your pet and quickly apply ice water compress to burned area.

## **Choking**

Chocking is marked by difficulty breathing, excessive pawing at the mouth, choking sounds when breathing or coughing, and blue-tinged lips/tongue.

When approaching your pet, use caution – a choking pet is more likely to bite in its panic.

Look into the pet's mouth to see if a foreign object is visible. If you see an object, gently try to remove it with pliers or tweezers, but be careful not to push the object further down the throat.

## **Choking** *(continued)*

If you can't remove the object or your pet collapses, place both hands on the side of your pet's rib cage and apply firm quick pressure, or lay your pet on its side and strike the rib cage firmly with the palm of your hand 3-4 times. The idea behind this is to sharply push air out of their lungs and push the object out from behind. Keep repeating this until the object is dislodged or until you arrive at the veterinarian's office

*Data from <http://www.avma.org/firstaid/procedures.asp>*

## **Pet Poison Hot Lines**

ASPCA Poison Control.....1-888-426-4435

Pet Poison Help Line.....1-800-213-6680

Animal Poison Hot Line .....1-888-232-8870

## Fractures

Muzzle your pet. Gently lay your pet on a flat surface for support. While transporting your injured pet to a veterinarian, use a stretcher (you can use a board or other firm surface as a stretcher, or use a throw rug or blanket as a sling). If possible, secure the pet to the stretcher (make sure you don't put pressure on the injured area or the animal's chest) for transport—this may be as simple as wrapping a blanket around them.

You can attempt to set the fracture with a homemade splint, but remember that a badly-placed splint may cause more harm than good. If in doubt, it is always best to leave the bandaging and splinting to a veterinarian.



## **Heatstroke**

*Never* leave your pet in the car on warm days. The temperature inside a car can rise very quickly to dangerous levels, even on milder days. Pets can succumb to heatstroke very easily and must be treated very quickly to give them the best chance of survival.

If you cannot immediately get your pet to a veterinarian, move it to a shaded area and out of direct sunlight. Place a cool or cold, wet towel around its neck and head (do not cover your pet's eyes, nose or mouth). Remove the towel, wring it out, and rewet it and rewrap it every few minutes as you cool the animal. Pour or use a hose to keep water running over the animal's body (especially the abdomen and between the hind legs), and use your hands to massage its legs and sweep the water away as it absorbs the body heat. Transport the pet to a veterinarian as soon as possible.



## Shock

Shock is marked by weak pulse, shallow breathing, nervousness, dazed eyes. It usually follows severe injury or extreme fright.

If your pet is in shock, keep the animal restrained, warm, and quiet. If your pet is unconscious, keep head level with rest of body. Transport the pet immediately to a veterinarian.

## Seizures

Keep your pet away from any objects (including furniture) that might hurt it. Do not try to restrain the pet. Be sure to time the seizure (they usually last 2-3 minutes). After the seizure has stopped, keep your pet as warm and quiet as possible and contact your veterinarian

*Data from <http://www.avma.org/firstaid/procedures.asp>*

Information in this booklet is for reference only.  
Always consult a veterinarian for treatment. For more  
information on treating pet injuries, visit:

*<http://www.avma.org/firstaid/procedures.asp>*

For more information on topical  
product included in this kit go to:

*[www.Healerspetcare.com](http://www.Healerspetcare.com)*



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