## Signs of Strangulation

- Y **Face**- red or flushed, pinpoint red spots (petichiae), scratch marks
- Y **Eyes and eyelids**- petichiae to the left or right eyeball, blood shot eyes
- Y **Nose** – bloody nose, broken nose, petichiae
- Y **Finger tips-** bruises are circular and oval and often faint
- Y **Ear-** petichiae (external and/or ear canal), bleeding from ear canal
- Y **Mouth-** bruising, swollen tongue, swollen lips, cuts/ abrasions
- Y **Under the chin-** redness, scratch marks, bruise(s), abrasions
- Y **Chest-** redness, scratch marks, bruise(s), abrasions
- Y **Shoulders-** redness, scratch marks, bruise(s), abrasions
- Y **Neck-** redness, scratch marks, finger nail impressions, bruise(s), swelling, ligature mark
- Y **Head-** petichiae (on the scalp)
  - o **Ancillary Findings-** hair pulled, bump(s), skull fracture, concussion

| Date & Time | Journal Your **Signs** |
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## Symptoms of Strangulation

- Y **Voice changes**
  - o Raspy voice
  - o Hoarse voice
  - o Coughing
  - o Unable to speak
  - o Complete loss of voice
- Y **Swallowing changes**
  - o Trouble swallowing
  - o Painful to swallow
  - o Neck pain
  - o Nausea/ Vomiting
  - o Drooling
- Y **Breathing Changes**
  - o Difficulty breathing
  - o Hyperventilation
  - o Unable to breath
- Y **Behavioral changes**
  - o Restlessness or combativeness
  - o Problems concentrating, amnesia
  - o Agitation
  - o Post-traumatic Stress Syndrome
  - o Hallucinations
- Y **Involuntary urination or defecation**
- Y **Coughing / vomiting**
- Y **Loss of consciousness/ fainting**
- Y **Dizziness/ headaches**

| Date & Time | Journal Your **Symptoms** |
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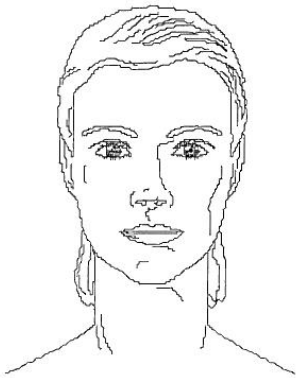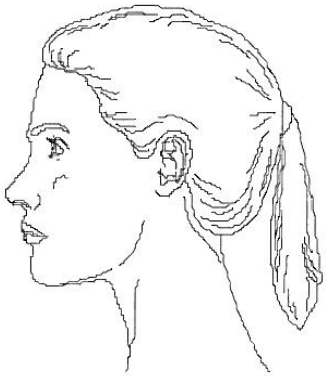
Use face and neck diagrams to mark visible injuries