

## What should I have in my First Aid kit?

**Digital Thermometer**  
**Intrasite Gel - x 2**  
**Melonin Dressing 10 x 10cm - x 2**  
**Soffban Bandage - x 2**  
**Knit-firm Bandage - x 2**  
**Cotton Wool for bandaging - x 1**  
**Co-plus - x 2**  
**Hibiscrub (or similar) - 500ml**  
**Gauze Swabs for cleaning**  
**Duct Tape**  
**Animalintex or similar x 1**  
**Latex or Nitrile Gloves**  
**Scissors**  
**Stable Bandages and Wraps**



## What should I NOT have in my First Aid kit?

### Wound Powder

Not good for wounds! Wounds need a clean, sterile and moist environment to heal and wound powder does not help the wound to heal

### Purple Spray

Please do not spray a wound with purple spray. A vet is unable to properly examine or suture a wound if it is covered in purple spray. It doesn't encourage healing or stop infection. Terramycin spray, which is an antibiotic spray used for abscesses and thrush, should only be used on feet and not on wounds

### Old Medication

Old medication that has been prescribed for something else, is out of date or has been opened should not be used

## Bandaging

Bandages should not be too tight, the aim is to cover the wound and keep it clean until the vet arrives

Apply intrasite gel to the wound then add the following layers –

1. Melonin (shiny side to the wound)
2. Soffban
3. Cotton wool
4. Vetrapp/Co-Plus



## First Aid Top Tips

Have your vet's emergency number saved in your phone

Make sure your yard owner knows who your vet is and have a care plan in place

Keep your first aid kit stocked up

Give your vet as much information as possible. If in doubt take a photo and phone for advice

Vets would much rather you asked for advice than you decided to wait and see what happened

Have What3Words on your phone and give your vet the three words for your yard along with a postcode

Keep your phone with you in case your vet gets lost

## Know what is normal for your horse

All of our horses will be slightly different so knowing what's normal for your horse could make all the difference and help you catch things early before they develop into full blown colic, laminitis, infection or injury.



## What can I monitor?

<b>Temperature</b>	37° – 38.3°C or 98.5° – 101°F
<b>Heart Rate</b>	25 - 45 beats per minute (at rest)
<b>Respiration Rate</b>	10 - 25 breaths per minute
<b>Digital Pulses</b>	Check all four feet & expect pulses to be slightly raised after exercise but not at rest
<b>Poos</b>	Monitor volume and consistency. Dry pebbly balls may be a warning sign for impaction colic. Liquid diarrhoea without dietary changes is also a concern
<b>Appetite</b>	How much does your horse normally eat? Are they clearing up their food or suddenly being quite picky? Are they still drinking normally?
<b>Demeanour</b>	Are they lying down lots more than normal or just a bit quiet?

## When should I call the vet?

Common Conditions	When should I call the vet?	What to do whilst you wait
<b>Colic</b>	If your horse is showing mild symptoms of colic, and hasn't settled after 10-15 minutes of gentle hand walking call the vet. If your horse is very painful with profuse sweating call the vet immediately	Remove all feed and any objects that may cause injury such as buckets and toys. Hand walk around a school or field if you can safely do so - do not put yourself in danger. If they are sweating keep them warm with a sweat rug
<b>Laminitis</b>	If you suspect laminitis you should call your vet immediately. It is a medical emergency and very painful and the earlier it is treated the better the prognosis	Do not make them walk around. Put them on a deep bed preferably of shavings. Do not call your farrier!
<b>Choke</b>	Choke will normally resolve itself within 10 -15 mins but if it hasn't cleared after this then call your vet. If your horse has eaten unsoaked sugarbeet call straight away	Make a note of the time your horse started choking and tell your vet. Remove all food. Try not to panic - it can look very distressing but they usually clear it themselves
<b>Cough and Snotty Nose</b>	If they have a high temperature call your vet straight away. If they are bright and eating well this isn't a medical emergency and can usually wait for a routine appointment	Make a note of how often they cough and when e.g is it only after exercise? Keep an eye on any discharge so you can let your vet know whether it is one nostril or both
<b>High Temperature</b>	Any temperature over 38.5°C	Isolate from other horses

Emergencies  
call  
07789 684245

# First Aid

Loch Leven  
EQUINE PRACTICE

Common Conditions	When should I call the vet?	What to do whilst you wait
<b>Wound (full thickness skin wound)</b>	Most full thickness skin wounds will require investigation and suturing so call your vet. If you are unsure take a photo to send for advice. Any wounds, no matter how small, over joints or tendon sheaths are a medical emergency and must be seen. If there is yellow fluid trickling from a wound near a joint this is definitely an emergency	If a wound is pumping blood apply pressure over the wound with a bandage. Don't remove the bandage when the blood soaks through, just keep applying more layers over the top. With other wounds that are not bleeding too profusely, cold hosing is really important to clean the wound and reduce inflammation. Apply a clean dressing until your vet arrives
<b>Foot Abscess</b>	Abscesses are very painful for your horse - so most vets would prefer to see them as an emergency. If left untreated, infection can extend into the pedal bone which will require surgery	Put them in a clean dry stable
<b>Foot Puncture</b>	Any penetration to the foot should be seen by the vet to rule out damage to the important structures within the foot and to manage infection	If you need to remove the object, take a photo of it or take note of the precise area, depth and angle of penetration. Apply a clean wet poultice

If you are concerned always call your vet for advice. We would much rather have a phone call to ask than not see a horse that needs to be seen.