

What is strangulation?

Strangulation is a pressure around the neck. This prevents breathing well. It can also block the flow of blood to the brain. This is dangerous for health. You may have pain, lose consciousness or other symptoms.

Important: A person should not be left alone for **3 days** after being strangled. Some symptoms may appear right away, or a few hours or days after the incident.



Call 911 or go to the nearest emergency if:

- Pain worsens or new pain appears
- You are taking anticoagulants (medicines that make the blood liquid)
- At least one of the symptoms listed in the following table occurs

Symptoms to watch out for

Neurological symptoms
(brain, nerves)



- Loss of consciousness or dizziness
- Memory loss or confusion
- Severe fatigue or drowsiness
- Seizures (involuntary movements of body parts)
- Very severe headaches
- Neck pain lasting 2 days or more
- Weakness, numbness, or tingling in the arms, legs, or face
- Loss of balance or difficulty walking
- Vision problems
- Drooping eyelid or pupils of unequal size
- Difficulty speaking or understanding

Respiratory symptoms (lungs)



- Difficulty breathing
- Shortness of breath
- Persistent cough, blood in saliva

ENT symptoms (ears, nose, throat)



- Change in voice or difficulty speaking
- Difficulty swallowing or feeling of blockage or a lump in the throat
- Swelling of the neck, throat, or tongue
- Nosebleeds or bleeding from the ears
- Small red or purple spots on the face, neck, or eyes

Dermatological symptoms (skin)



- Bruising under the eyes
- Bruising behind one ear

Urinary and digestive symptoms



- Difficulty holding urine or stool
- Nausea or vomiting



If you are pregnant, or if you suspect that you may be, seek medical attention promptly in the following situations :

- Abdominal pain
- Your baby (fetus) is moving less
- Bleeding, even light bleeding, or vaginal discharge
- Abdominal cramps or contractions

How can you look after yourself in the next few days ?

- **Talk about what you experienced** : with someone you trust, with Info-Social (811, option 2), or with any support resource you may know.
- **Soothe bruises for the first 2 days** : apply ice for 20 minutes, 4 times a day.
- **Take the medications recommended by your healthcare professional, as instructed.**
 - Examples of pain medications: Acetaminophen (Tylenol), Ibuprofen (Advil, Motrin).
- **Rest** : get good sleep, avoid alcohol and drugs.
- **Gradually resume your activities** : stop when you feel tired.
- **Do not do standing work or physical effort** if you have neurological symptoms.
- **Do not drive immediately after the strangulation.**
- **If you are told that you have a concussion** : consult the [INESS guide for the resumption of activities](#).
- **Keep track of your symptoms. Discuss them** with your healthcare professional or the person responsible for your legal case.
- **Have a medical follow-up 3 days after the strangulation** :
 - Make an appointment with your family doctor. This appointment should be scheduled 7 to 14 days after the strangulation.
 - If you do not have a family doctor, call 811, option 3, to book an appointment.



Resources

Info-Santé

Contact

811, option 1

CAVAC: This service assists victims of crime throughout the judicial process. CAVAC accompanies people who file complaints and people who do not file complaints.

Telephone: 1 866 532-2822

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*This document does not replace a medical opinion. If in doubt, consult a doctor.
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