Indications
When a ring is impeding blood flow around a swollen digit.

Procedure

1. Ice and elevate finger while preparing equipment.
2. If ring is made from tungsten, do not use traditional ring cutter. It will not cut through this type of metal; ring must be shattered off finger.
   a. Obtain vice grips
   b. Utilize eye protection goggles and instruct patient to look away from hand and be aware of debris once ring breaks.
   c. Apply vice grips to both sides of ring, adjust to fit snugly on ring
   d. Verify that no skin is being pinched by vice grip tool
   e. Turn bottom spring by one quarter-turn at a time, this will apply enough pressure to total tension of ring to cause it to break.
   f. Continue to turn by one quarter-turn at a time until ring breaks
   g. Assess and treat underlying injury if any
3. If ring is made from traditional metals and cannot be removed without cutting
   a. Obtain standard ring cutter tool
   b. Slide hook-side of tool under ring
   c. Verify that the blade will not contact with patient’s finger and sits appropriately in the shield
   d. Turn blade and apply pressure until ring is cut
   e. Repeat on opposite side of ring to cut it in half
      i. Do not try to cut one section and then flex ring open, this may pinch or cut the tissue under the ring
   f. Assess and treat underlying injury if any

Below are videos for reference on removal techniques

Standard Ring Cutter: https://www.youtube.com/watch?v=JQfFnPw5EjA
Tungsten Carbide Ring: https://www.youtube.com/watch?v=T8G98JJeEik
Using the strap of an oxygen mask: https://www.youtube.com/watch?v=DrDROoJAF4I