



## GUARDIA EQUINE

SPORTS MEDICINE

### **First-Aid Supply List**

The following is a suggested list for first-aid kit essentials. There are always more or fewer things you could pack in your personal kit depending on circumstances and room. What you keep in your barn kit may be different than what will fit for traveling. Key components to remember are clean bandage material for lacerations or swollen limbs, topical ointments, and items to help determine vital signs. If you have questions or suggestions, please feel free to give Dr. Guardia a call at (713) 249-1648 or email our office at [cg@guardiaequine.com](mailto:cg@guardiaequine.com). Links provided are merely suggestions and may not be what is available in your area. Prescription medications must be prescribed by a licensed veterinarian with whom you have an established client-patient relationship.

- Bandage Material
  - CombiRoll: 16" for hindlimbs, 14" for forelimbs (smaller horses may need only 12")  
<https://www.google.com/search?q=combiroll&oq=combiroll&ags=chrome..69i57j0j69i60j0l3.3426j0j7&sourceid=chrome&ie=UTF-8>
  - Brown Gauze 6"  
[https://www.amazon.com/Brown-Gauze-6-X5-Yds/dp/B005GWTW9C/ref=sr\\_1\\_1?ie=UTF8&qid=1540060321&sr=8-1&keywords=brown+gauze](https://www.amazon.com/Brown-Gauze-6-X5-Yds/dp/B005GWTW9C/ref=sr_1_1?ie=UTF8&qid=1540060321&sr=8-1&keywords=brown+gauze)
  - Vetwrap 4"  
[https://www.amazon.com/s/?ie=UTF8&keywords=vetrap&tag=googhydr-20&index=aps&hvadid=241646085262&hvpos=1t1&hvnetw=g&hvrnd=2908721966348604613&hvpone=&hvptwo=&hvqmt=e&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9027599&hvtargid=kwd-297064500885&ref=pd\\_sl\\_hfvose8fo\\_e\\_p38](https://www.amazon.com/s/?ie=UTF8&keywords=vetrap&tag=googhydr-20&index=aps&hvadid=241646085262&hvpos=1t1&hvnetw=g&hvrnd=2908721966348604613&hvpone=&hvptwo=&hvqmt=e&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9027599&hvtargid=kwd-297064500885&ref=pd_sl_hfvose8fo_e_p38)
  - Elastikon ([https://www.amazon.com/Title-Johnson-Elastikon-First-Elastic/dp/B007QH25QW/ref=sr\\_1\\_cc\\_1\\_a\\_it?s=aps&ie=UTF8&qid=1539966551&sr=1-1-catcorr&keywords=elastikon%2B3%22&th=1](https://www.amazon.com/Title-Johnson-Elastikon-First-Elastic/dp/B007QH25QW/ref=sr_1_cc_1_a_it?s=aps&ie=UTF8&qid=1539966551&sr=1-1-catcorr&keywords=elastikon%2B3%22&th=1))

- Non-adherent sterile pads (Telfa or Curad)
  - [https://www.amazon.com/Sterile-Non-Adherent-dressing-absorption-sticking/dp/B005EB9SFI/ref=sr\\_1\\_4?ie=UTF8&qid=1540060839&sr=8-4&keywords=non-adherent+sterile+pad](https://www.amazon.com/Sterile-Non-Adherent-dressing-absorption-sticking/dp/B005EB9SFI/ref=sr_1_4?ie=UTF8&qid=1540060839&sr=8-4&keywords=non-adherent+sterile+pad)
- Kling gauze or Cast Padding
  - [https://www.amazon.com/Vital-Roll-Conforming-Gauze-Non-Sterile-4-1/dp/B00HY222IU/ref=sr\\_1\\_2\\_a\\_it?ie=UTF8&qid=1540060883&sr=8-2-spons&keywords=cling+gauze&psc=1](https://www.amazon.com/Vital-Roll-Conforming-Gauze-Non-Sterile-4-1/dp/B00HY222IU/ref=sr_1_2_a_it?ie=UTF8&qid=1540060883&sr=8-2-spons&keywords=cling+gauze&psc=1)
  - [https://www.amazon.com/Percentage-Cotton-Specialist-Padding-Rolls/dp/B012XHODEG/ref=sr\\_1\\_3\\_a\\_it?ie=UTF8&qid=1540060922&sr=8-3&keywords=cast+padding](https://www.amazon.com/Percentage-Cotton-Specialist-Padding-Rolls/dp/B012XHODEG/ref=sr_1_3_a_it?ie=UTF8&qid=1540060922&sr=8-3&keywords=cast+padding)
- Standing Wraps
  - <https://www.doversaddlery.com/dovers-no-bows-leg-wraps/p/X1-26012/>
  - Some come with just the outer wraps and you buy the thick cotton padding separately, while some come as a set. You need both components, so be sure you are buying both. They are sized in 12", 14", and 16", as well, so make sure you buy the size that will best fit your horse's legs. These are machine washable and can be reused as long as the cotton does not become lumpy, which can create pressure points.
- How to:
  - Apply a standing support wrap: <https://www.youtube.com/watch?v=-Za7uDKw60U>
  - Apply a bandage to a wound: <https://thehorse.com/139119/how-to-bandage-a-horses-leg-with-vetrap/>
  - Apply a sweat bandage: <https://www.youtube.com/watch?v=hHdh8tq30-k>
- Medications:
  - Topicals:
    - Fresh wounds:
      - Silver sulfadiazine cream: <https://www.webmd.com/drugs/2/drug-13530/silver-sulfadiazine-topical/details> (usually need a vet's Rx)
      - Biozide ointment (over-the-counter): [https://www.doversaddlery.com/biozide-gel-20-oz/p/X1-220363/26utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=NB\\_Search\\_Dynamic\\_GOOG&utm\\_term=Google\\_AdGroup&eid=X17A00U3222/?gclid=CjwKCAjwpKveBRAwEiwAo4Pqm\\_AFCouSlKv7GZTWV\\_MVqvvZWzx414U1\\_8Mxj7PoekEnUy0o5Wf7BoCvqkQAvD\\_BwE](https://www.doversaddlery.com/biozide-gel-20-oz/p/X1-220363/26utm_source=google&utm_medium=cpc&utm_campaign=NB_Search_Dynamic_GOOG&utm_term=Google_AdGroup&eid=X17A00U3222/?gclid=CjwKCAjwpKveBRAwEiwAo4Pqm_AFCouSlKv7GZTWV_MVqvvZWzx414U1_8Mxj7PoekEnUy0o5Wf7BoCvqkQAvD_BwE)
      - Aluminum spray (liquid bandage): [https://www.amazon.com/NEOGEN-SQUIRE-054-79100-Alushield-Aerosol/dp/B000HHLNXY/ref=asc\\_df\\_B000HHLNXY/?tag=hyprod-](https://www.amazon.com/NEOGEN-SQUIRE-054-79100-Alushield-Aerosol/dp/B000HHLNXY/ref=asc_df_B000HHLNXY/?tag=hyprod-)

[20&linkCode=df0&hvadid=198096746055&hvpos=1o3&hvnetw=g&hvrnd=14400218891049885281&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9027599&hvtargid=pla-353929370322&psc=1](https://www.amazon.com/dp/B000PM9EBO/ref=sr_1_6_a_it?ie=UTF8&qid=1540062979&sr=8-6&keywords=dms+gel)

▪ Sweat for swelling:

- Mixture of DMSO gel and Nitrofurazone: (must wear gloves when handling both products due to ovarian cancer risks in humans and absorptive properties of DMSO);

[https://www.amazon.com/DMSO-99-9-Pure-Distilled-Water/dp/B000PM9EBO/ref=sr\\_1\\_6\\_a\\_it?ie=UTF8&qid=1540062979&sr=8-6&keywords=dms+gel](https://www.amazon.com/DMSO-99-9-Pure-Distilled-Water/dp/B000PM9EBO/ref=sr_1_6_a_it?ie=UTF8&qid=1540062979&sr=8-6&keywords=dms+gel)

[https://www.vetrxdirect.com/product/view/nitrofurazone-ointment-topical-antibacterial-rx/variation-12258?c=SUMMER18/?network=g&matchtype=&keyword=&creative=165178594731&device=c&devicemodel=&placement=&position=1o1&campaignid=715176430&adgroupid=37688128059&loc\\_physical\\_ms=9027599&loc\\_interest\\_ms=&gclid=CjwKCAjwpKveBRAwEiwAo4PqmWBLnpGELHrizQ3lqLPvAp3gd9J0pqsHqP2anuOrGUKu OeW5UqZ2BoCR9YQAvD BwE](https://www.vetrxdirect.com/product/view/nitrofurazone-ointment-topical-antibacterial-rx/variation-12258?c=SUMMER18/?network=g&matchtype=&keyword=&creative=165178594731&device=c&devicemodel=&placement=&position=1o1&campaignid=715176430&adgroupid=37688128059&loc_physical_ms=9027599&loc_interest_ms=&gclid=CjwKCAjwpKveBRAwEiwAo4PqmWBLnpGELHrizQ3lqLPvAp3gd9J0pqsHqP2anuOrGUKu OeW5UqZ2BoCR9YQAvD BwE)

- Numotizine:

[https://www.amazon.com/s/?ie=UTF8&keywords=numotizine+po ultice&tag=googhydr-20&index=aps&hvadid=241902606906&hvpos=1t1&hvnetw=g&hvrnd=18335992191911715286&hvpone=&hvptwo=&hvqmt=e&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9027599&hvtargid=kw d-302108730130&ref=pd\\_sl\\_7scxk7n59i\\_e\\_p38](https://www.amazon.com/s/?ie=UTF8&keywords=numotizine+po ultice&tag=googhydr-20&index=aps&hvadid=241902606906&hvpos=1t1&hvnetw=g&hvrnd=18335992191911715286&hvpone=&hvptwo=&hvqmt=e&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9027599&hvtargid=kw d-302108730130&ref=pd_sl_7scxk7n59i_e_p38)

- Many other products work, but these are easy and inexpensive to have on hand

▪ Chronic (older) wound with excessive granulation tissue:

- Wonder Dust: [https://www.doversaddlery.com/farnam-wonder-dust-wound-dressing/p/X1-22326/26utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=NB\\_Search\\_Dynamic\\_GOOG&utm\\_term=Google\\_AdGroup&eid=X17A00U3222/?gclid=CjwKCAjwpKveBRAwEiwAo4Pqm80u2WdTkXV4KtWaF6-T6Zt9YiGqLZhCAXN2m5\\_tajHmg1Om-zyTdRoC8wMQAvD\\_BwE](https://www.doversaddlery.com/farnam-wonder-dust-wound-dressing/p/X1-22326/26utm_source=google&utm_medium=cpc&utm_campaign=NB_Search_Dynamic_GOOG&utm_term=Google_AdGroup&eid=X17A00U3222/?gclid=CjwKCAjwpKveBRAwEiwAo4Pqm80u2WdTkXV4KtWaF6-T6Zt9YiGqLZhCAXN2m5_tajHmg1Om-zyTdRoC8wMQAvD_BwE)

- Granulex: <https://www.woundsource.com/product/granulex>

- Scarlet Oil: <https://www.statelinetack.com/item/farnam-scarlex-wound-dressing-spray/SLT170562/?srccode=ADSLPH&gclid=CjwKCAjwpKveBRAwEi>

[wAo4Pqm0NZjSJrqRRav53WC0td5vrbkT4yUEzbuTgWeiMUAYDZsUcQfRf8ExoCuSEQAvD\\_BwE](http://wAo4Pqm0NZjSJrqRRav53WC0td5vrbkT4yUEzbuTgWeiMUAYDZsUcQfRf8ExoCuSEQAvD_BwE)

- Prescriptions (must be prescribed by a licensed veterinarian after a recent examination):
  - Pain relievers:
    - Banamine (flunixin meglumine): best for colics and soft-tissue injuries; NSAID, <https://www.merck-animal-health-usa.com/product/cattle/Banamine-Injectable-Solution/1>
    - Bute (phenylbutazone): best for orthopedic pain, laminitis, etc: <https://www.drugs.com/pro/phenylbutazone.html>
  - Sedatives:
    - Dormosedan Gel: If severely lacerated or panicking, will sedate after 45-60 minutes and remain calm up to an hour; [https://www.zoetisus.com/products/horses/dormosedan\\_gel/index.aspx](https://www.zoetisus.com/products/horses/dormosedan_gel/index.aspx)
  - Antibiotics:
    - Uniprim: broad-spectrum powder; good for minor lacerations or infections; <http://animalsafety.neogen.com/en/uniprim>
    - Equisul-SDT: liquid antibiotic that covers a broader range of microbes, given every 12 hours by mouth, better for more serious or deeper infections; <https://aurorapharmaceutical.com/products/companion-animals/equisul-sdt174/>
- Miscellaneous:
  - Thermometer
  - Stethoscope (Littman are good investments)
  - Bandage scissors
  - Saran wrap or press-n-seal plastic wrap
  - Waterproof container for storage

Again, this is as comprehensive of a list as you should have to start.

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