**Presentation title**

Ring removal techniques from fingers: tips for GPs

**Presentation outline**

Wearing rings on fingers is a common practice worldwide. Rings can get stuck on fingers and need to be removed. Urgent removal is required if there is evidence of ischemia. The person may present to their general practitioner, hospital emergency department or even call the fire brigade1 for assistance. Removal by a general practitioner has advantages. It is much lower cost to the community, convenient for the patient and very rewarding for the practitioner. The author has successfully treated a number of cases as a GP in a busy urgent care centre in Melbourne. Removal techniques that preserve the ring exist.

This e-poster outlines the string-wrap technique2, a ring preserving technique, using very instructive diagrams based on cases treated by the author. It further outlines how electric ring cutters are used to remove rings from fingers, and safety matters regarding this. It finally proposes a simplified clinical algorithm for ring removal based on the work of Kalkan et al3 designed for GPs to use.

**Learning outcomes**

1. Learn reasons why rings may become stuck on fingers.
2. Understand the principles behind ring preserving techniques and destructive techniques.
3. Learn about the string-wrap technique, a ring preserving technique.
4. Learn about contraindications to using ring preserving techniques.
5. Learn about electric ring cutters, a destructive technique.
6. Understand different ring cutter saws are needed for different ring materials.
7. Understand ischemia is an indication for urgent use of a destructive technique.
8. Learn a proposed simplified algorithm for ring removal designed for GPs to use.
9. Understand minimal equipment is needed to perform either technique.

**How will delegates be involved throughout this presentation?**

By viewing the information, delegates can either consider if ring removal from fingers could become part of their usual practice, or can enhance and/or reinforce their existing skills.

**References:**

1ABC News Online, Tasmania Fire Service called in to cut ring from finger, 15/8/2015

https://www.abc.net.au/news/2015-08-15/tasmania-fire-service-called-in-to-cut-ring-from-finger/6700028 accessed 2/5/2022

2Leider M, A Para-Surgical Gem: Removal of a Ring from a Swollen Finger without Injuring the Ring. J. Dermatol. Surg. Oncol. 6:4 April 1980 p298-299

3Kalkan et al, Review of techniques for the removal of trapped rings on fingers with a proposed new algorithm. American Journal of Emergency Medicine 31 (2013) 1605–1611