Arnica Safety and Injury Red Flags Card

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1. Emergency first: go to the ER or call emergency services if

- [ ] You heard a crack, or the limb looks deformed or bent at an odd angle
- [ ] Numbness, tingling, or skin that is blue, grey or cold
- [ ] After a head knock: vomiting, worsening headache, confusion, drowsiness or unequal pupils
- [ ] Someone has SWALLOWED an arnica product: call Poison Control (US 1-800-222-1222) or emergency services

Same-day urgent care: severe pain, large or spreading swelling, or cannot bear weight or walk more than a few steps.

2. Know which arnica you have

Herbal arnica gel / cream	Homeopathic Arnica pellets / tablets
Real plant extract. SKIN ONLY, never broken skin.	Diluted extract, dissolved in the mouth.
EU traditional herbal use for bruises, sprains, local muscle pain.	Not FDA-approved or evaluated for effectiveness.
Poisonous if swallowed. Can cause itchy, red skin.	Low potencies and mother tincture contain active plant compounds.

3. Do not use arnica, or ask a doctor first, if

- [ ] The skin is broken, scraped or cut
- [ ] Allergic to daisies, marigolds, sunflowers, chamomile or ragweed
- [ ] Child under 12 [ ] Pregnant [ ] Breastfeeding
- [ ] Taking warfarin, another blood thinner or an antiplatelet drug [ ] Surgery coming up (tell your surgeon)
- [ ] Bruises that appear with no clear cause

4. PRICE care for the first 2 to 3 days (NHS)

Protect	**R**est	**I**ce	**C**ompress	**E**levate
support or firm footwear	keep weight off	wrapped, up to 20 min every 2-3 h	bandage by day	raise on a pillow

Avoid for the first couple of days: heat, alcohol and massage. Move gently once pain allows.

Not better after 3 to 4 days, or getting worse? See a doctor.

Tip: write "SKIN ONLY - NOT ON BROKEN SKIN" on any arnica gel in your first-aid kit.

Homeopathy has no reliable evidence of effect for any condition (NHMRC 2015; NCCIH). A 2021 meta-analysis of homeopathic Arnica after surgery found a small effect that was not statistically significant. This card contains no doses.