



Your friend has frostbite on both her fingers. There is (hopefully) minor damage to the tissue as evidenced by the distal blister and color changes. Give her 600 mg ibuprofen four times a day to control pain and promote healing. It's vitally important to keep the tip of her fingers from refreezing. Avoid massage or bumping them into anything while they are healing. Best to stay inside the hut until it's time to leave. Consider ending the trip early in the unlikely event that if dark red blisters form or black necrotic areas develops. While skiing out be sure to keep the injured thumb and hand warm. Cover it with multiple layers of socks and overmitts keeping the injured thumb tucked inside the palm of the hand or insert a commercial hand warmer into the center of the socks near the injury. Consult medical care once home.