Trollsmyth's Death & Dismemberment Table, Revamped For D&D 5E

If you get taken down to 0 HP, and every time you get hit when you're at 0 HP, roll 2d6 on the following table. Apply a –1 modifier to the die roll for each time you've failed your Death save, a +1 for each success.

2d6	Result
≤ 2	Grievous wound: Increase Exhaustion Level by 5, if that would take you to 6 Instant Death (decapitation or the like).
3	Fatal wound (gutted, stabbed through lung, broken back, etc.); Increase Exhaustion Level by 4.
4	Severed limb (DM's choice or roll randomly); Increase Exhaustion Level by 3.
5,6	Severe Wound. Needs surgery. Increase Exhaustion Level by 3.
7,8	Broken bone; Requires 2d4+9 weeks to heal; can't use the bone until that first 2d4 weeks have passed. After that are at a Disadvantage for checks that rely on it until it's healed the rest of the way. Increase Exhaustion Level by 2.
9	Moderate Wound. It's going to need stitches. Increase Exhaustion Level by 2.
10	Light wound: cut, gash, contusion in random place, and according to weapon type. Needs bandaging. Increase Exhaustion Level by 1.
11	Knocked out for 2d6 rounds, unless wearing a helm. With helm, only stunned for 1 round. Increase Exhaustion Level by 1.
≥ 12	a surge of adrenaline returns 1d4 hit points per HD; these vanish at the end of combat & you gain 1 level of Exhaustion.

To determine which body part suffers the result from the table above, first set whether the left or right side of the body was hit: If the attack roll showed an even number, it was on the right, if it showed an odd number, it was on the left.

Afterwards, check the damage roll. Compare the units digit of the total amount of damage with the chart on the right to determine hit location.

Least-significant digit of damage

Attack roll even/odd = right/left