

NECROTIC DAMAGE

Just a damage type like every other damage type (fire, Radiant, cold, lightning, poison etc..) There is no general rules around a damage type. Only used for assessing, vulnerabilities, resistances and immunities traits of creatures. Necrotic damage withers matter and twists the soul. But it does not per default reduce HP maximum. It can also just be a “type” or generate other effects. Some examples below:

Proboscis. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one creature. *Hit:* 16 (4d6 + 2) piercing damage plus 24 (7d6) necrotic damage, and the target's hit point maximum is reduced by an amount equal to the necrotic damage taken. If this effect reduces a creature's hit point maximum to 0, the creature dies. This reduction to a creature's hit point maximum lasts until the creature finishes a long rest or until it is affected by a spell like *greater restoration*.

New Action: Shadow Breath. Any damage-dealing breath weapon possessed by the dragon deals necrotic damage instead of its original damage type. A humanoid reduced to 0 hit points by this damage dies, and an undead shadow rises from its corpse and acts immediately after the dragon in the initiative count. The shadow is under the dragon's control.

Rotting Fist. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one target. *Hit:* 10 (2d6 + 3) bludgeoning damage plus 10 (3d6) necrotic damage. If the target is a creature, it must succeed on a DC 12 Constitution saving throw or be cursed with mummy rot. The cursed target can't regain hit points, and its hit point maximum decreases by 10 (3d6) for every 24 hours that elapse. If the curse reduces the target's hit point maximum to 0, the target dies, and its body turns to dust. The curse lasts until removed by the *remove curse* spell or other magic.

ACTIONS

Strength Drain. *Melee Weapon Attack:* +4 to hit, reach 5 ft., one creature. *Hit:* 9 (2d6 + 2) necrotic damage, and the target's Strength score is reduced by 1d4. The target dies if this reduces its Strength to 0. Otherwise, the reduction lasts until the target finishes a short or long rest.

If a non-evil humanoid dies from this attack, a new shadow rises from the corpse 1d4 hours later.

ACTIONS

Withering Touch. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one target. *Hit:* 17 (4d6 + 3) necrotic damage.

As you can see from some of the effects if reduced to zero – you die outright. This equal not getting any death saves. So one nasty effect of necrotic damage is you often don't get your death saves. For others it is just damage.

HP RULES

As any other damage type – Necrotic damage in general follow the normal rules for damage, death and death saves.

Current HP can never exceed HP maximum. When you are healed or raised with 1HP this is current HP. Healing has thus no effect on a character with 0HP maximum. You can also see that gaining temporary HP does not help either on a Character which is at 0 HP. You need to be at least on 1 HP to benefit from temporary HP.

When your Hit point reach zero you drop unconsciousness and need to roll 3 successful death saves – then you stabilize but still unconscious. If you fail, you die.

You can also see that if you take damage when at 0 HP you get automatic failures. If damage equals or exceeds HP maximum you die outright. This means that a character which HP maximum was reduced to 0 through necrotic damage – will die outright of just taking 1 HP damage.

A stable creature can regain 1 HP after 1d4 hours if – but as current HP cannot exceed maximum HP and if maximum HP is 0 then you do not regain HP and will remain stable – but still unconscious.

HIT POINTS

Hit points represent a combination of physical and mental durability, the will to live, and luck. Creatures with more hit points are more difficult to kill. Those with fewer hit points are more fragile.

A creature's current hit points (usually just called hit points) can be any number from the creature's hit point maximum down to 0. This number changes frequently as a creature takes damage or receives healing.

Whenever a creature takes damage, that damage is subtracted from its hit points. The loss of hit points has no effect on a creature's capabilities until the creature drops to 0 hit points.

TEMPORARY HIT POINTS

Some spells and special abilities confer temporary hit points to a creature. Temporary hit points aren't actual hit points; they are a buffer against damage, a pool of hit points that protect you from injury.

When you have temporary hit points and take damage, the temporary hit points are lost first, and any leftover damage carries over to your normal hit points. For example, if you have 5 temporary hit points and take 7 damage, you lose the temporary hit points and then take 2 damage.

Because temporary hit points are separate from your actual hit points, they can exceed your hit point maximum. A character can, therefore, be at full hit points and receive temporary hit points.

Healing can't restore temporary hit points, and they can't be added together. If you have temporary hit points and receive more of them, you decide whether to keep the ones you have or to gain the new ones. For example, if a spell grants you 12 temporary hit points when you already have 10, you can have 12 or 10, not 22.

If you have 0 hit points, receiving temporary hit points doesn't restore you to consciousness or stabilize you. They can still absorb damage directed at you while you're in that state, but only true healing can save you.

Unless a feature that grants you temporary hit points has a duration, they last until they're depleted or you finish a long rest.

DEATH SAVING THROWS

Whenever you start your turn with 0 hit points, you must make a special saving throw, called a death saving throw, to determine whether you creep closer to death or hang onto life. Unlike other saving throws, this one isn't tied to any ability score. You are in the hands of fate now, aided only by spells and features that improve your chances of succeeding on a saving throw.

Roll a d20. If the roll is 10 or higher, you succeed. Otherwise, you fail. A success or failure has no effect by itself. On your third success, you become stable (see below). On your third failure, you die. The successes and failures don't need to be consecutive; keep track of both until you collect three of a kind. The number of both is reset to zero when you regain any hit points or become stable.

Rolling 1 or 20. When you make a death saving throw and roll a 1 on the d20, it counts as two failures. If you roll a 20 on the d20, you regain 1 hit point.

Damage at 0 Hit Points. If you take any damage while you have 0 hit points, you suffer a death saving throw failure. If the damage is from a critical hit, you suffer two failures instead. If the damage equals or exceeds your hit point maximum, you suffer instant death.

STABILIZING A CREATURE

The best way to save a creature with 0 hit points is to heal it. If healing is unavailable, the creature can at least be stabilized so that it isn't killed by a failed death saving throw.

You can use your action to administer first aid to an unconscious creature and attempt to stabilize it, which requires a successful DC 10 Wisdom (Medicine) check.

A **stable** creature doesn't make death saving throws, even though it has 0 hit points, but it does remain unconscious. The creature stops being stable, and must

start making death saving throws again, if it takes any damage. A stable creature that isn't healed regains 1 hit point after 1d4 hours.

LONG REST

From long rest rules you can see that you need to have at least 1 HP at the beginning of a long rest to benefit from a long rest. This means that a creature with 0 HP cannot take a long rest. I.e you also need to fix the HP maximum to be above 0 before you can long rest. This also means that even if it in some creature stats says that effect last until a long rest that only goes for ability score drain down to zero NOT if HP maximum is reduced to Zero.

LONG REST

A long rest is a period of extended downtime, at least 8 hours long, during which a character sleeps or performs light activity: reading, talking, eating, or standing watch for no more than 2 hours. If the rest is interrupted by a period of strenuous activity—at least 1 hour of walking, fighting, casting spells, or similar adventuring activity—the characters must begin the rest again to gain any benefit from it.

At the end of a long rest, a character regains all lost hit points. The character also regains spent Hit Dice, up to a number of dice equal to half of the character's total number of them. For example, if a character has eight Hit Dice, he or she can regain four spent Hit Dice upon finishing a long rest.

A character can't benefit from more than one long rest in a 24-hour period, and a character must have at least 1 hit point at the start of the rest to gain its benefits.

SO, WHAT TO DO? and SPELLS

So what can be done?

If a creature has:

- A) died outright from necrotic damage by being reduced to 0 HP maximum (no death saves allowed)
- B) reduced to 0 in an ability score and died outright
- C) Reduced to zero current HP – but you were not killed outright (rare case with necrotic damage), but you died from failing your death saves

You need to be raised in all cases. So what will work?

Ad A) Long rest will not work as you are dead.

Temporary HP will not work either as you are dead and at 0 HP.

Aid spell will only work on a living creature with at least 1 HP due to the general rule about temporary hit points.

Revivify returns you to life with 1 current HP. As your HP maximum is 0 and current HP can only equal maximum HP it immediately drops you to zero again and you are unconscious. BUT you are now allowed to roll three new death saves to try to stabilize or die again.

Raise dead does not work either for same reasons as revivify because it does not remove the reduced HP 0 maximum effect. It returns you on 1 HP, but it immediately drops you to zero again and you are unconscious. BUT you are now allowed to roll three new death saves to try to stabilize or die again.

If you successfully stabilize through the new chance you got through Revivify or Raise dead. Then you are still unconscious, and you cannot regain HP through healing or long rest and you will die again instantly if taking just 1 HP damage.

SO to get out of this state - Greater restoration is needed (lesser will not work) to remove effects of reduced HP maximum or ability scores. The spell is not limited to a living target – it can also be cast on a dead target. This means this must be cast to lift the effect of the reduced HP maximum *before* revivifying or raise dead is cast in order for these spells to fully work *or after* if target stabilized through the new death saves allowed by the spells – but in the latter case target is still on 0 HP. Even a Resurrection spell needs a greater restoration spell before it will work on a dead body with HP maximum reduced to zero.

True resurrection or wish can both bring you back and solves the HP maximum problem as well. Wish spell states this and true resurrection can give you complete new body and soul – even out of nothing.

Ad B)

Here it depends on the effect created by the specific ability drain effect. There is no general rule description around what happens if an ability score is reduced to zero. In a case where it says you die from being reduced to zero, same case applies as described under A). Revivify and raise dead can return you to 1HP – but here you die outright again if your ability score is still zero – you are allowed any death saves as this is not a HP problem (you don't die from your HP being reduced to zero – you just die from still having zero in the ability score).

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dead target. This means this must be cast to lift the effect of the reduced ability score *before* revivifying or raise dead is cast in order for these spells to fully work.

Ad C)

Here both revivify, raise dead works normally.

REVIVIFY

3rd-level conjuration

Casting Time: 1 action

Range: Touch

Components: V, S, M (diamonds worth 300 gp, which the spell consumes)

Duration: Instantaneous

You touch a creature that has died within the last minute. That creature returns to life with 1 hit point. This spell can't return to life a creature that has died of old age, nor can it restore any missing body parts.

RAISE DEAD

5th-level necromancy

Casting Time: 1 hour

Range: Touch

Components: V, S, M (a diamond worth at least 500 gp, which the spell consumes)

Duration: Instantaneous

You return a dead creature you touch to life, provided that it has been dead no longer than 10 days. If the creature's soul is both willing and at liberty to rejoin the body, the creature returns to life with 1 hit point.

This spell also neutralizes any poisons and cures nonmagical diseases that affected the creature at the time it died. This spell doesn't, however, remove magical diseases, curses, or similar effects; if these aren't first removed prior to casting the spell, they take effect when the creature returns to life. The spell can't return an undead creature to life.

This spell closes all mortal wounds, but it doesn't restore missing body parts. If the creature is lacking body parts or organs integral for its survival—its head, for instance—the spell automatically fails.

Coming back from the dead is an ordeal. The target takes a -4 penalty to all attack rolls, saving throws, and ability checks. Every time the target finishes a long rest, the penalty is reduced by 1 until it disappears.

GREATER RESTORATION

5th-level abjuration

Casting Time: 1 action

Range: Touch

Components: V, S, M (diamond dust worth at least 100 gp, which the spell consumes)

Duration: Instantaneous

You imbue a creature you touch with positive energy to undo a debilitating effect. You can reduce the target's exhaustion level by one, or end one of the following effects on the target:

- One effect that charmed or petrified the target
- One curse, including the target's attunement to a cursed magic item
- Any reduction to one of the target's ability scores
- One effect reducing the target's hit point maximum

AID

2nd-level abjuration

Casting Time: 1 action

Range: 30 feet

Components: V, S, M (a tiny strip of white cloth)

Duration: 8 hours

Your spell bolsters your allies with toughness and resolve. Choose up to three creatures within range. Each target's hit point maximum and current hit points increase by 5 for the duration.

At Higher Levels. When you cast this spell using a spell slot of 3rd level or higher, a target's hit points increase by an additional 5 for each slot level above 2nd.



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Svarer [@mbessey](#)

[@mbessey](#) general rules for HP should cover that - your current hp cannot go above your max. if they are, they drop to your max immediately.