

Discharge Instructions for the Non-operative Management of Blunt Abdominal Trauma

Summary Points to Remember

- Most injuries to organs in the abdomen (belly) are managed without surgery
- You may be required to limit your activities as advised by your doctor
- If after discharge you experience any of the symptoms listed below then you should return to The Royal Melbourne Hospital or your nearest emergency department

Blunt Abdominal Trauma

Blunt trauma to the belly results from a severe direct blow to your belly from a motor vehicle or bike crash, a fall, assault or motor bike crash.

The blow can injure your internal organs causing bleeding. The organs most commonly injured are the spleen, liver and kidneys.

Non-operative (non-surgical) management including Angioembolisation of these injuries is considered the best form of care. The liver, spleen, and kidney will typically heal on their own.

Discharge and follow-up instructions

Whilst you were in hospital, we closely monitored your condition by examining your blood tests, heart rate, blood pressure and belly for any signs of bleeding or other complications related to your injury.

Once you have been discharged from The Royal Melbourne Hospital it is very important that you are followed up in the outpatient clinic to ensure that your injury is healing. The time it takes to repair will depend on the extent and severity of the injury and your general health and nutrition.

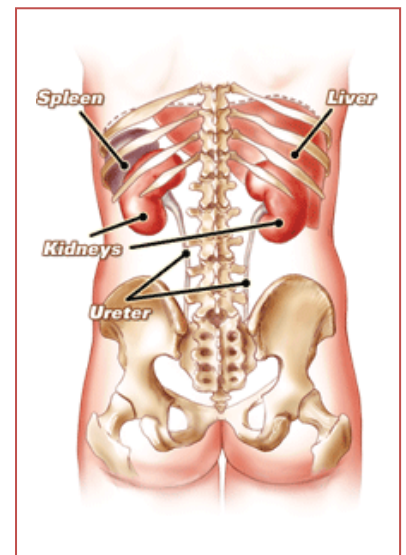
It is vital that you attend appointments at The Royal Melbourne Hospital outpatient clinic until you are deemed fully recovered.

Activity Limitations

Delayed bleeding or infection can occur after non operative management of the liver, spleen or kidney injuries, which is why we recommend some caution with your activity.

You will need to limit your activities for approximately 3 months or as advised by your doctor. The aim of these limitations is to allow your injury time to heal and to ensure that you do not re-injure yourself. Please discuss any concerns with your doctor and/or GP at follow-up appointments.

Some limitations may include the following:



The Liver Spleen and Kidneys as viewed from behind

- No contact sports; eg football, basketball
- No heavy lifting ; eg at work, gym/weights, household activities
- No vigorous/ dangerous activities; eg motorbike riding, horse riding, skiing, ladder climbing

Symptoms

Symptoms of delayed bleeding or infection include any of the following:

- Feeling faint and/or dizzy
- Fever (high temperatures)
- Increasing pain in your belly
- Nausea
- Vomiting
- New blood in your urine
- Increasing size of your belly

If any of these symptoms develop, please return to The Royal Melbourne Hospital or the nearest hospital emergency department for assessment.

Summary

Liver, spleen and kidney injuries are successfully managed non-operatively but require close monitoring and some limitations to your activities to avoid re bleeding or further injury. Please discuss with your doctor when you will be able to return to your normal activities.

The Nursing Staff

of department _____
are more than happy to discuss your
concerns

Phone: (03) 9342 xxxx

