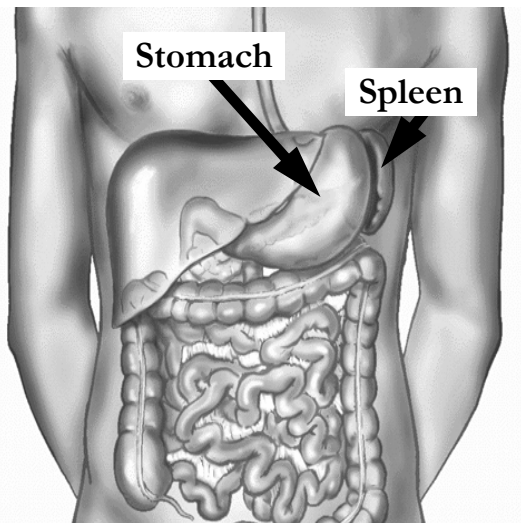


Non-Operative Spleen Injury

About Your Spleen

Your spleen is a soft, spongy organ that holds about three pints of blood, helps you make extra blood and fights infection. It is located on the left side of your body under your lower ribs.



About Spleen Injuries

Your spleen is injured due to your accident. Sometimes, when the spleen is injured, it can heal without an operation. Your doctor feels it is safe to wait and give the spleen time to heal itself. It is now very important to follow the instructions that your doctor gives to you as there is a small chance that your spleen may have a delayed rupture and will require an operation. Delayed rupture is most common in the first 10-14 days of injury.

You must be seen in Trauma Clinic for a recheck to ensure your spleen is healing.

Discharge Instructions

- No strenuous activities for three months.
- No lifting over 10 pounds until after your first trauma appointment.
- No alcohol when taking narcotic pain medications.
- No herbal supplements.
- No Aspirin® or NSAIDs for 4 weeks.

Return If You Have

- An increase in pain or tenderness in the abdomen (belly) or pain in your left shoulder.
- Temperature over 102 degrees.
- Constant nausea (sick to your stomach) or vomiting (throwing up).

**Your Trauma Clinic
Appointment is on**

Trauma Clinic (814) 877-4577

