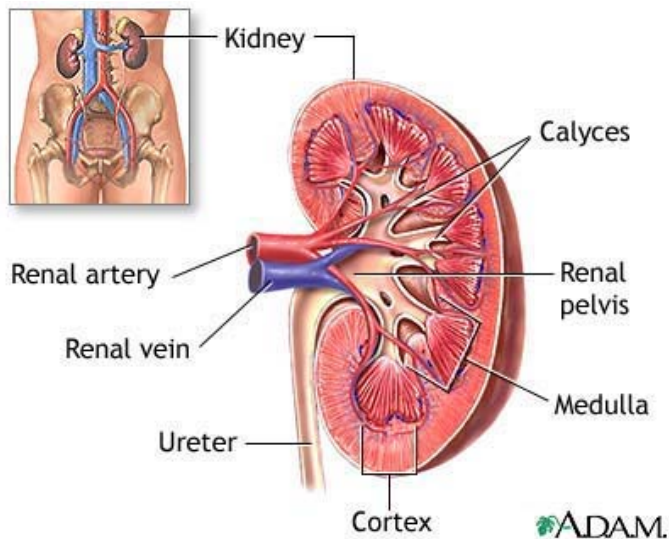


# Non-Operative Kidney Injury

## About Your Kidney

Most people have two kidneys. A kidney is on either side of your upper back under your ribs. Because all the blood in the body runs through the kidneys so they can filter out all the waste products, the kidneys have a large blood supply.



## About Kidney Injuries

Your doctor will watch you for any signs of kidney bleeding by checking your blood count. Most kidney injuries will heal themselves without any further problems but following the doctor's instructions will be very important

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

## Discharge Instructions

- No strenuous activities for three months.
- No alcohol when taking narcotic pain medications.
- No herbal supplements.
- No Aspirin® for four weeks.

## Return If You Have

- An increase in pain or tenderness in the abdomen (belly) or pain in your back.
- Weak or lightheaded feeling.
- 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**



Reviewed: March 2008