



Information for You from Your Health Care Team

Discharge Instructions After a Spleen Injury

You have had an injury to your spleen that caused bleeding.

The spleen is an organ in your body that helps to fight infection and sickness. The spleen has many blood vessels in it and can easily start bleeding, with an abdominal injury.

Not all spleen injuries require surgery. Your doctors have chosen not to perform surgery. After discharge it is possible that your spleen may start to bleed again. Some signs that your spleen is bleeding are:

- Severe abdominal pain.
- Dizziness (lightheaded).
- Racing heart (palpitations).
- Passing out (loss of consciousness).
- Profuse sweating.
- Hiccups.
- Fever.

If you experience any of these symptoms, you should seek immediate medical care by calling your health care provider or going to the emergency room.

You should not participate in any gym classes or sports of any kind until your doctor says that it is okay.

You should not drive or ride on any recreational vehicles such as motorcycles, snowmobiles, or ATVs until your doctor says that it is okay.

You should not drive or return to work or school until your doctor says that it is okay.