



Discharge and follow-up

After you are discharged, medical staff may continue to monitor your injury in the outpatient clinic, or they may ask your general practitioner (GP) to manage your care. You should attend any scheduled appointments so an assessment of your healing injury can be made.

You will be given a discharge letter for your GP, so they are aware of your admission to Royal Perth Hospital.

Discharge advice (activity limitations)

To protect your injured organ(s) you must:

- › not take part in contact sports or dangerous activities for the next three months
- › not lift any weight heavier than 10kg for the next six weeks
- › be careful not to get hit in the abdomen or chest

Delayed bleeding or haemorrhage can occur after blunt abdominal injuries.

The aim of limiting your activities is to allow your organ(s) to heal without it being re-injured.

Discharge advice (kidney injuries only)

The kidneys have a role in regulating blood pressure. Please see your GP at 3, 6, 12 and 24 months after injury to take your blood pressure as you have a small risk of developing high blood pressure. Your GP may increase the frequency of checks if they are concerned, however please speak with them about this.

Discharge advice (symptoms)

Symptoms of delayed bleeding or haemorrhage can include:

- › increasing abdominal pain
- › fever
- › nausea and/or vomiting
- › feeling faint or lightheaded/dizzy
- › new blood in urine

If you experience any of these symptoms or are concerned, please contact your GP, telephone Health Direct on **1800 022 222**, return to Royal Perth Hospital's emergency department or go to your closest emergency department.

Further information

For any further information, please contact the Trauma Unit on 9224 1444 or the Trauma Case Manager on 0404 894 241.



Patient Information

Blunt abdominal trauma

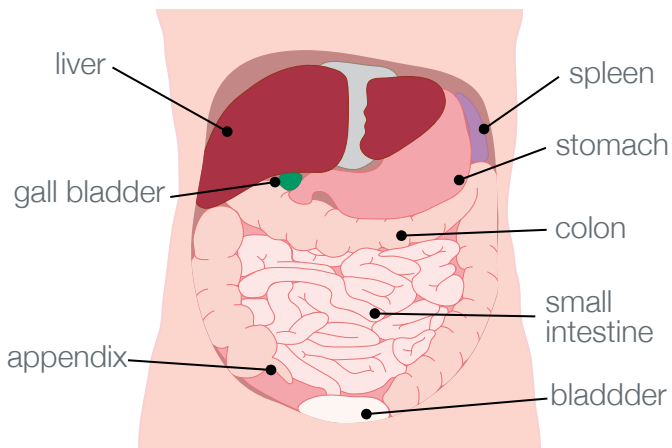


This flyer will provide you with information, and let you know what to expect from your treatment, following a blunt abdominal trauma diagnosis.

You have been diagnosed with an injury (a bruise or a cut) to an organ/organs in your abdomen as a result of a trauma you have experienced.

The abdominal cavity consists of many organs, which can be easily injured following trauma. The most common injured organs are:

- > spleen
- > liver
- > kidneys
- > pancreas
- > intestines (small and large)
- > bladder



The preferred way of managing or treating the injured organ(s), as long as they do not continue to bleed, is without surgery. This is because there are fewer complications including less pain and a lower rate of infection.

Your hospital stay

The medical team will advise you of your injuries and your treatment plan, and will let you know if you require further monitoring, which may mean moving you to a more appropriate area on the ward.

Typically, you will be in hospital for approximately three to seven days, however, it may be longer depending on your injuries.

Bed rest and activity

You will likely be resting in bed for two to three days depending on the severity of your injury.

You will gradually be allowed to walk, starting with walking to the toilet area and then working up to your normal activity level. This allows the damaged organ to heal and it will therefore be less likely to bleed.

While resting in bed, it is important to keep your chest healthy by participating in deep breathing and coughing

exercises to avoid infection. The ward physiotherapist will provide you with directions on how to perform these exercises.

Prevention of deep vein thrombosis (DVT) is also important. While in hospital, you will be fitted with anti-embolic stockings, calf pumps, and may be given blood thinning medication, when and if appropriate. You can help by moving your legs and feet whilst in bed.

The ward physiotherapist will provide you with education on these activities.

Diet

If you have received abdominal trauma, you may be required to fast, and will be given fluids by an intravenous drip. This is to exclude intestinal injury and to ensure you are prepared in the event you become rapidly unwell and require urgent surgery. As you recover, the medical staff will allow you to progress to a normal diet.

Good nutrition is important to help your body heal. A ward dietician may see you to assist you with your nutritional goals.

