

Discharge Instructions After a Splenic Injury

Your child has had a **grade ____ splenic injury**. These instructions will help support a safe and smooth recovery at home.

Timing of Discharge

Your child will go home when their pain is well controlled, and they are eating and drinking and able to walk around. This decision is made together with you and the surgical team.

Recovery at Home

Most children gradually improve over the first month.

- Return to school after ____ **weeks**
- No contact sports for ____ **weeks**

Pain Relief & Medications

- Use paracetamol or ibuprofen as needed for comfort.
- **Do not give aspirin.**
- If your child becomes constipated, Osmolax can help reduce straining.

Activity Guidelines

Even if your child seems well, following these activity limits is important to prevent complications.

First Week

Quiet activities only:

- TV or movies
- Reading, crafts
- Board games, computer or video games
- Plenty of rest

Weeks 2–3

Slowly increase activity:

- Short walks
- Gentle swimming in a pool or sheltered water

Activities to Avoid for ____ weeks

To protect the healing spleen, avoid activities that may result in a hit to the tummy. E.g.,

- Contact sports
- Rough play (wrestling, climbing, jumping)
- Riding a bike or scooter
- Trampolines

When to Seek Urgent Medical Advice

Although the chance of re-bleeding is low, watch for:

- Tummy pain that doesn't improve or gets worse
- Shoulder pain
- Shortness of breath
- Dizziness, fainting, unusual tiredness
- Pale or clammy appearance

Medical advice is also advised if your child develops:

- Fever or chills
- Vomiting
- Any new injury to the abdomen
- Any new or concerning symptoms

Follow-up

- A member of the team will ring you in 1-2 weeks to see how recovery is going.
- Your child will generally have a follow-up visit or telehealth with the doctor four to six weeks after they go home.
- Call _____ to make the appointment

Non-urgent questions

Contact: _____ Phone number: _____

If you are concerned, take your child to the nearest emergency department.

In an emergency call 000.

More advice can be obtained from your GP or Health Direct on 1880 022 222 link

[Trusted Health Advice | healthdirect](#) (Scan the QR code to access)

