

**In case of emergency call 911  
or go to your  
local emergency department.**

Patient Information

# Paediatric SPLEEN INJURIES

**Attending General Surgeon:**

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**If you have any further  
questions please contact:**

**Kristine Hooghiem**

**RN, BScN, MN(c)**

Nurse Case Manager,  
Paediatric Trauma

**Children's Hospital**

**London Health Sciences Centre**

800 Commissioners Road East

Room E1-203

London, Ontario

519-685-8500 ext. 55486

519-685-8500 pager 15988

**Next Appointment:**

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(YYYY / MM / DD)



  
**Children's Hospital**  
London Health Sciences Centre  
Trauma Program

800 Commissioners Road East  
London, Ontario, Canada N6A 5W9  
Telephone 519-685-8500

  
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The spleen is found on the left side of the abdomen below the ribs. It stores and filters blood, by removing old and damaged blood cells and bacteria. As part of the immune system it makes antibodies which help fight infection.

Trauma to the spleen may cause bruising, tearing, or shattering. This is most commonly the result of: direct blow to the belly, motor vehicle collisions, falls, sports mishaps, and fights. The spleen has a very high blood supply and internal bleeding is the most common problem.

Your child's spleen injury was not severe enough to need surgery and your doctor has determined that the bleeding has stopped. To prevent re-injury or re-bleeding your child will have activity restriction that must be followed.



Your child must **avoid** these activities until reassessed by the doctor:

1. **Gym at school**
2. **Individual or team sports including soccer, football, hockey, gymnastics, skiing, tobogganing, or snowboarding**
3. **Bike or scooter riding**
4. **Running or jogging**
5. **Playing on playground equipment**
6. **Roller coasters or bumper cars**
7. **Activities that would make your child get out of breath or sweaty**
8. **Activities that increase the risk of falling, body contact, getting tired, bumping into people or objects, or being hit in the stomach**
9. **Hot tubs or saunas**

Check with the doctor if you are unsure about activities not mentioned.

The sudden occurrence of any of the following symptoms may indicate that your child's spleen has begun bleeding again:

- **Pain in the belly**
- **Shortness of breath**
- **Quick pulse**
- **Pain in the left shoulder**
- **Nausea/vomiting**
- **Dizziness or fainting**

If any of these symptoms occur you need to seek medical attention **IMMEDIATELY**. Go to local emergency department and tell the doctor of your child's symptoms and that he/she has recently sustained a non-operative splenic injury.

Once the spleen has healed, your child will no longer have to follow the activity restrictions.