

## **DISCHARGE INSTRUCTION SHEET FOR PATIENTS WITH LIVER AND /OR SPLEEN INJURIES**

When the liver or spleen is injured there are certain activity restrictions that must be followed:

1. No heavy lifting for 6 weeks
2. No blows to the abdomen
3. No contact sports for 6 weeks
4. No strenuous activity for 6 weeks
5. You may have sexual intercourse
6. You may drive and return to work as directed by your physician

**If you suddenly feel weak, dizzy, and/or become pale and “clammy” seek medical attention immediately.**

**University General and Trauma Surgery, P.C.**

**<http://www.utksurgery.com/>**

**865-544-9620**