

Patient information

Discharge Advice for Adults (age 16 and above) who have Sustained a Liver Injury

Major Trauma Department

What is the liver and how is it injured?

The liver is an organ that sits in the upper right part of your abdomen under your lower ribs. The primary role of your liver is to filter your blood of toxins and to aid in digestion.

Injuries to the liver can be as a result of intentional or unintentional, blunt or penetrating injury to the stomach or lower chest, resulting from sudden exposure to external, mostly mechanical, energy.

What is a non-operative management of an injury to the liver?

It is a non-surgical management of liver trauma.

Currently, non-operative management is a common practise for adult patients who have sustained a liver injury with no signs of ongoing bleeding from the liver on arrival or admission to the hospital.

Whilst you were in the Major Trauma Centre, we closely observed you, monitored your blood pressure, heart rate and blood count for signs of possible bleeding and other complications related to your injury.

Now you are ready for discharge. However, remember that your liver has not healed yet.

Discharge advice following a liver injury is a particular component of a further non-operative management for patients with liver injuries.

The first 24 hours post discharge

You should be accompanied by a responsible adult on returning home from the hospital that can stay with you for at least 24 hours.

The following symptoms can be normal following an injury to the liver.

Your full recovery depends on the severity of injury to the liver and on the volume of fluid (mainly, blood) inside or outside the liver.

Most people recover quickly from minor liver injuries, However, you may experience some of the following symptoms over the next few days and weeks especially if you sustained moderate or serious injuries to the liver.

They do not require a return to hospital but you should be aware of them.

These symptoms are as follows:

- Mild pain in your stomach.
- Mild pain in right shoulder or above, the right collar bone.
- Intermittent nausea.
- Mild stomach distension.
- Mild elevation of body temperature.

Keep in mind that some discomfort around the belly button or in right side of the abdomen is normal following injuries to the liver.

However, if symptoms are constant or if they are increasing you should seek advice from:

- Your GP,
- Major Trauma Nurse Coordinators,
- Nursing staff on Major Trauma Ward.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your Outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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