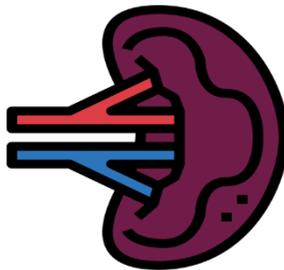




جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Spleen Rupture after Injuries



## How does spleen work?

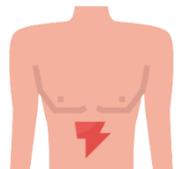
The role of the spleen is to immunize the body against various diseases by filtering the blood and producing antibodies to diseases and germs.

## What are the symptoms of spleen rupture?

Visible symptoms:

- Pain in the spleen area of the body, which is often in:

1. The left upper abdomen



## What are the symptoms of spleen rupture?

2. The pain may be in different areas of the body, such as the left part of the chest and the shoulder. Shoulder pain resulting from a rupture of the spleen is known as the CARE sign. It occurs due to irritation of the phrenic nerve located in the neck area up to the diaphragm, and the pain is sharp when taking an inhale.

# What are the symptoms of spleen rupture?

• Other symptoms, such as:

1. Dizziness



2. Feeling disoriented

3. Blurry vision



4. Loss of consciousness

5. Signs of shock: frequent anxiety, restlessness, nausea, and a pale color of the face. They may appear as a result of



an acute bleeding, which causes a decrease in blood pressure.

## What are the causes of spleen rupture?

The most common reasons are abdomen injuries, like injuries caused by car accidents or sport injuries, such as:



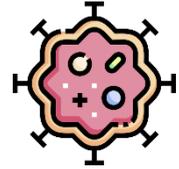
- Rip fractures
- Pelvic fractures
- Spinal cord injuries
- Being stabbed with sharp tools in the stomach area
- A medical error during surgery
- In rare cases, the rupture may be caused by diseases in the spleen itself, and the rupture may occur for no clear reason.



# What are the causes of a rupture of the spleen?

Various reasons, such as:

- Infectious diseases such as malaria
- Cancer has spread
- Metabolic diseases
- Cardiovascular diseases





## What is the treatment for a ruptured

### spleen?

1. **Surgical interventions**, where the patient may have serious bleeding and need urgent surgical intervention, and surgeons may try to repair the spleen without removing it with different techniques.



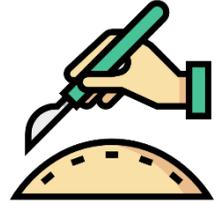
2. In less severe cases, **the patient is placed under observation**. In this case, the patient often needs continuous treatment and may need a blood transfusion.





## What is the treatment for a ruptured spleen?

3. **Splenectomy**, it is a surgery that is currently avoided, and patients may undergo it in emergency and unstable situations.

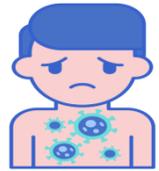


4. **Spleen embolism**, surgery aims to stop any bleeding in the spleen. The patient may avoid any complications that might make him need splenectomy at a later time.



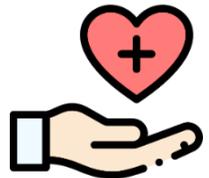
## What are the complications for a ruptured spleen?

- Bleeding and its complications such as [blood clots](#).
- Complete and permanent Spleen damage
- Increased risk of infection and weakened immunity in the body.



## How long is the recovery and recovery time?

The recovery and recovery time can be up to [several weeks](#). And you have to get [enough rest](#) during the recovery period, and if you are involved in [sports activities](#), you should avoid them [for up to 3 months](#).



## Can we live without a spleen?

It is possible to live and practice a normal life without a spleen, but removing the spleen **weakens the immune system** and makes you vulnerable to infectious diseases, and the medical team usually resorts to vaccinating the patient in accordance with his health condition.



These vaccines may be given two weeks before or after a splenectomy.

In cases of children, the child may need daily **antibiotics** to enhance his immunity, and the same procedure is often followed with those patients who have autoimmune diseases.





## Note:

It is important if you have a splenectomy that you always inform your treatment physician every time you get an illness or injury, as this naturally affects the treatment method



## Sources and references

All pictures used are from flaticon and Freepik websites

## Review and audit:

The content of this booklet has been reviewed by consultants of the  
Surgery department at King Fahad University Hospital

## Health Awareness Unit

IAU-20-85



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