Blunt Abdominal Trauma

A blunt injury to the abdomen can cause pain. The pain is most likely from bruising and stretching of your muscles. This pain is often made worse with movement. Most often these injuries are not serious and get better within 1 week with rest and mild pain medicine. However, internal organs (liver, spleen, kidneys) can be injured with blunt trauma. If you do not get better or if you get worse, further examination may be needed.

Continue with your regular daily activities, but avoid any strenuous activities until your pain is improved. If your stomach is upset, stick to a clear liquid diet and slowly advance to solid food.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop increasing pain, nausea, or repeated vomiting.
- You develop chest pain or breathing difficulty.
- You develop blood in the urine, vomit, or stool.
- You develop weakness, fainting, fever, or other serious complaints.

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