Post-Operative Splenectomy Vaccination Orders

For Patients 14-55 Years Old Administer the Following Vaccines on the day of discharge or post-splenectomy day 14, whichever comes first:

1. Pneumococcal polysaccharide (Pneumovax) 0.5 mL subcutaneously
2. Meningococcal conjugate (Menactra) 0.5 mL IM. If Meningococcal conjugate (Menactra) is not available, then give Meningococcal polysaccharide (Menomune) 0.5 mL subcutaneously
3. Haemophilus b conjugate (HibTITER) 0.5 mL IM
4. Seasonal flu vaccine 0.5 mL IM, if available and not previously given during the current season

For Patients over 55 Years Old Administer the Following Vaccines on the day of discharge or post-splenectomy day 14, whichever comes first:

1. Pneumococcal polysaccharide (Pneumovax) 0.5 mL subcutaneously
2. Meningococcal polysaccharide (Menomune) 0.5 mL subcutaneously
3. Haemophilus b conjugate (HibTITER) 0.5 mL IM
4. Seasonal flu vaccine 0.5 mL IM, if available and not previously given during the current season

Give Post-Splenectomy instruction sheet to patient at discharge and retain the second copy for the chart to document the information given.
Your doctor performed an open splenectomy because it was necessary related to your trauma. A splenectomy is the surgical removal of your spleen through a single large incision in your abdomen. Your spleen is located in the upper left portion of your abdomen. It acted as a filter for blood and helped your body fight infection. Here’s what you need to do at home following an open splenectomy.

**Activity**
- Increase your activity gradually. Take short walks on a level surface.
- Don’t overexert yourself to the point of fatigue. If you become tired, rest.
- Limit stair climbing to no more than once or twice a day. Climb steps slowly and stop to rest every few steps.
- Don’t lift anything heavier than 10 pounds or push a vacuum cleaner for 6 weeks after surgery.
- Don’t drive until after your first doctor’s appointment after your surgery.
- If you ride in a car for more than short trips, stop frequently to stretch your legs.
- Ask your doctor about when you can expect to return to work.

**Preventing Infection**
- Remember, you have a higher risk of infection because you don’t have a spleen.
- You have been given three vaccines, including **two** for pneumonia and one for meningitis. You need to get a booster vaccination for pneumococcus and meningococcus every 5 years. You should also get a yearly seasonal influenza, “flu”, vaccine from now on.
- Get medical attention even for mild illnesses such as sinus problems or colds.
- Take antibiotic medication after surgery as directed by your doctor.
- Be sure to tell all your healthcare providers (dentist, primary care doctor, nurse practitioner, etc.) that you don’t have a spleen.
- Consider getting a medical alert ID bracelet that says you don’t have a spleen.

**Other Home Care**
- Shower as needed. Ask a friend or family member to stand close by in case you need help.
- Wash your incision site with soap and water and pat dry.
- Check your incision every day for redness, drainage, swelling, or separation of the skin.
- Take your medications exactly as directed. Don’t skip doses.
- Don’t take any over-the-counter medication unless your doctor tells you to do so.
- Check your temperature each day for 1 week after your surgery.
- Return to your regular diet as tolerated. Eat a healthy, well-balanced diet.

**Follow-Up**
- Make a follow-up appointment as directed by our staff.

**When to Call Your Doctor**
Call your doctor right away if you have any of the following:
- Fever above 101°F or chills
- Any unusual bleeding
- Warmth, redness, or pain in or around your incision
- Incision that opens up or pulls apart
Discharge Instructions for Open Splenectomy
(Patient Copy)

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- Don't lift anything heavier than 10 pounds or push a vacuum cleaner for 6 weeks after surgery.
- Don't drive until after your first doctor’s appointment after your surgery.
- If you ride in a car for more than short trips, stop frequently to stretch your legs.
- Ask your doctor about when you can expect to return to work.

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- Get medical attention even for mild illnesses such as sinus problems or colds.
- Take antibiotic medication after surgery as directed by your doctor.
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- Consider getting a medical alert ID bracelet that says you don't have a spleen.

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