

**Exclusion Criteria:**

- Hemodynamic instability / Signs of shock
- Peritonitis (contact Trauma Surgery immediately)
- Penetrating Trauma
- Suspected Child Abuse ([link to clinical pathway](#))

**Discharge criteria:**

- VS stable
- Normal Hgb and hemodynamically stable
- Tolerating PO intake
- Pain controlled (off opioids)

**Discharge education:**

- Activity restrictions length: Grade of injury + 2 = weeks of restriction

