



Advice after chest injury

Information for patients
Emergency Department





Following your injury you have been examined and it has been decided that you are fit to be allowed home.



You will not necessarily have been x-rayed.

If you have an injury to your chest muscles you may find that the pain will become slightly worse over the next 48 hours.

If you have broken ribs the pain is likely to be quite sharp to begin with. In either case, the treatment is the same: a combination of painkillers and deep breathing exercises.

You may continue to have pain for several weeks.

WHAT SHOULD YOU DO?

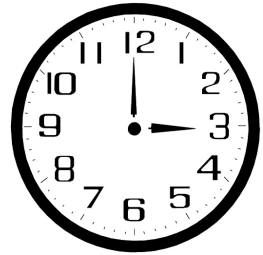
Painkillers:

Take painkillers regularly, such as paracetamol or ibuprofen if you can take anti-inflammatories.



Breathing exercises:

Take five deep breaths on the hour every hour while you are awake, even if it hurts.



WHEN SHOULD YOU SEEK FURTHER HELP?

If you develop any of the following symptoms, please either return to the Emergency Department or see your GP:

- ❖ Shortness of breath
- ❖ Worsening chest pain despite regular painkillers
- ❖ Fever
- ❖ Coughing up blood.



If you need to contact the Emergency Department the telephone number is.....



Emergency Department

University Hospital Hairmyres:
01355 584716

University Hospital Monklands:
01698 752005

University Hospital Wishaw:
01698 366630

Further information may be found at:

www.patient.co.uk/health/Care-of-Rib-Injuries.htm

If you need this information in another language or format, please e-mail Translation.Services@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	April 2022
Review date:	April 2024
Issue No:	06
Dept:	Emergency Department
Clinical Lead:	

PIL.CHSINJ.67661.L
22_04816