

Advice after chest injury

INFORMATION FOR PATIENTS



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
01236 712191

University Hospital Wishaw
1698 366630

NHS 24 - 111

Further information may be found at:

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



www.careopinion.org.uk

NHS inform - The national health information service for Scotland.

www.nhsinform.scot

Tel No: 0800 22 44 88

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot

NHS Lanarkshire General Enquiry Line: 08453 130 130

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Pub. date:	April 2020
Review date:	April 2022
Issue No:	04
Clinical Lead:	