

If you require a translation please contact:

Se avete bisogno di una traduzione si prega contattare:

Si usted requiere una traducción de esta información por favor contacte a:

اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

CHEST INJURY INSTRUCTIONS

Advice to Patients

CHEST INJURY INSTRUCTIONS

Your chest injury will have been diagnosed through clinical examination. Suspected bruised or broken ribs heal by themselves and therefore do not need x-ray.

Chest injuries can cause a great deal of pain and this may persist for several weeks.

Nevertheless, to prevent a chest infection from developing you must:

- Keep moving around as usual; do not stay in bed.
- Breathe deeply for a few minutes every two hours to fill your lungs completely. If you need to cough, do not stop it, but press firmly over the sore part of your chest as you do so to help relieve the pain.
- Take regular pain relief as recommended by the nurse so that you will be able to complete the breathing exercises effectively.
- Refrain from lifting heavy or cumbersome objects as this will worsen the pain in your chest.
- Refrain from smoking.

YOU WILL NEED TO ATTEND THE NEAREST EMERGENCY DEPARTMENT IF:

- You develop sudden shortness of breath.
- You cough up any blood.

FURTHER INFORMATION

Additional advice or information can be obtained by contacting Walk-in Centre at Ashford Hospital telephone **01784 884828** or Accident & Emergency at St. Peter's Hospital on **01932 722025**

Author:	Helen Hepworth
Department:	Walk-In Centre
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