



Chest Injury Advice

The Health Care Professional who has examined you has found that you do not have any serious injury, but you may have broken one or more ribs or your breast bone (sternum).

You will only have been referred to a chest x-ray if it is suspected that you have a lung injury (broken ribs may not show up on x-rays).

You should go to the Accident and Emergency (A&E) Department immediately if:

- The pain suddenly becomes much worse
- You become short of breath
- You cough up blood

Pain may be bad for the next 2-3 weeks. You have been given or prescribed pain killers to help deal with this.

- Take the pain killers that have given, prescribed, or advised, exactly the way that the doctor / health care professional has instructed.
- Go to your own GP if the pain killers are not strong enough or if they are giving you side effects.
- Take 4 to 8 deep breaths several times each day. This will help to prevent a chest infection and is especially important if you smoke. Deep breathing may be painful and is best done about one hour after taking any painkillers. Supporting your chest with your hands can help reduce the pain.
- Avoid energetic exercise as this may aggravate the injury. Gentle exercise (e.g. walking) will not do any harm and can help prevent complications like chest infections.

- Contact your GP promptly if you start coughing up clear or coloured phlegm.

Other Information

If you smoke:

- Cut down on the amount you smoke: this may reduce the risk of complications

If you already suffer from a chest complaint (e.g. asthma or chronic bronchitis)

- Your chest injury may make breathing more difficult than usual. If this happens, you should contact your GP.

Chest injuries tend to be slow to heal and can take 6-8 weeks.

- If, after this time, you are still in pain, you should go to your GP.

Patient Confidentiality

Information held by Mitie Care & Custody about our patients is treated in strict confidence, in accordance with our Data Protection, Caldicott and Confidentiality Policy.



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