

Chest/Rib Injury

Contact Details

If you have any questions please telephone the RUH Emergency Department on

01225 824000 (day)

01225 825015 (night)

Royal United Hospitals Bath
NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net
or telephone 01225 825656.

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Chest/Rib Injury

Your chest injury may be very painful for several weeks but you must still try to breathe deeply so that you fill your lungs with air. If you don't, you could get pneumonia.

You should:

- ✓ Keep moving around your home.
- ✓ Take tablets such as Ibuprofen or Paracetamol regularly (both available from chemists) to relieve the pain.
- ✓ Do breathing exercises for a few minutes every two hours.
- ✓ Breathe as deeply as you can.
- ✓ Cough if you need to. Press firmly on the sore part of your chest if coughing hurts.

You should not:

- ✗ Try to lift things.
- ✗ Stay in bed.
- ✗ Smoke.

Go to your nearest Emergency Department at once if:

- You suddenly run out of breath
- You cough up blood.

If you have any other problems, please contact your GP.

