

- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

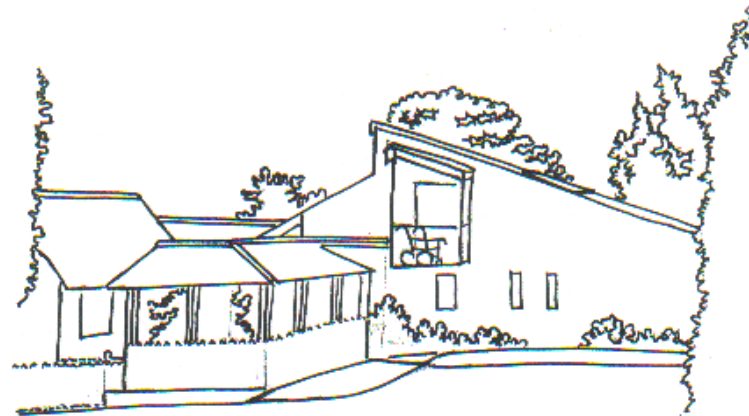


Laurel Bank Surgery  
Malpas  
Cheshire SY14 8PS



Phone: 01948 860205  
Fax: 01948 860142

**AFTER-CARE ADVICE ON  
CHEST INJURY**  
LAUREL BANK SURGERY  
MALPAS, CHESHIRE SY14 8PS



**Tel: 01948 860205**

**Fax: 01948 860142**



## Chest Injury

Chest injuries can cause a great deal of pain and the pain may persist for several weeks. In spite of the pain, you must continue to breathe deeply in order to fill your lungs with air. If you do not, you may develop a chest infection or pneumonia.

- ⇒ Do not stay in bed. Keep yourself moving around your home.
- ⇒ Lifting things will worsen the pain in your chest.
- ⇒ Ibuprofen or Paracetamol should be taken to help relieve the pain.
- ⇒ Local anti-inflammatory creams or gels may help relieve the pain and are available without prescription from a chemist.
- ⇒ Do not smoke.



## Chest Injury

Do breathing exercises for a few minutes every two hours. Fill your lungs as much as you can with air. IF you need to cough, do not try to stop it. The pain of coughing will be much less if you place your hands over the sore part of your chest and press firmly while you cough.

If you have a sudden shortness of breath or your cough up blood, please return to the hospital. For all other problems and/or advice, consult your GP.

In the past, all suspected broken ribs were x-rayed and on confirmation strapped up. This is now believed to be harmful. Broken or bruised ribs heal in exactly the same way by themselves. Therefore, please do not bandage, bind or strap up your ribs.