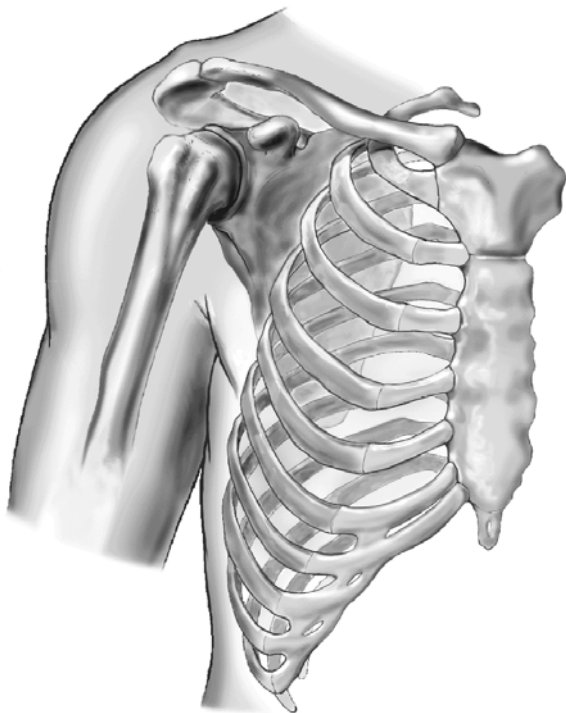


Chest Injuries

About Your Injury

You have either bruised your chest wall or you have broken one or more ribs. Broken ribs take six to eight weeks to heal and you may be sore in that area for some time.

Because of this injury, you may have bruised your lung, which is called a pulmonary contusion. Or, you may have cause a lung to collapse due to either air (pneumothorax) and/or blood (hemothorax) filling between the chest wall and the lung. Your doctor has advised you about your injuries.



Discharge Instructions

- Activity as tolerated.
 - If it hurts—don't do it.
- Hold pillow or hand against hurt area when coughing.
- Use the incentive spirometry as advised by your doctor.
- Take pain medication as directed—don't wait for the pain to become bad.

Call Trauma Clinic if You—

- Have a temperature over 102 degrees.
- Have increased shortness of breath.
- Have a persistent cough.
- Repeatedly cough up blood.

**Your Trauma Clinic
Appointment is on**

Trauma Clinic (814) 877-4577



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