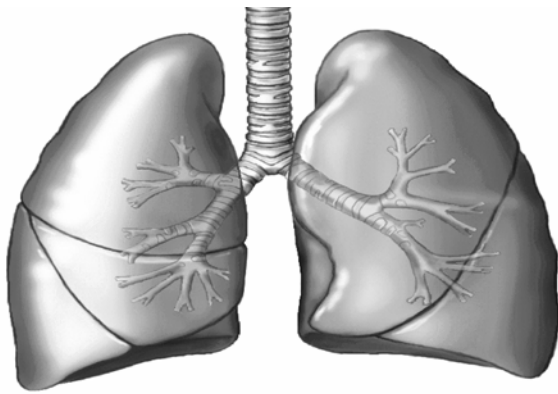


# Pulmonary Contusion

## What is a Pulmonary Contusion?

- **Pulmonary** is the medical word for lung. When you breathe in, the air goes to the lungs. Blood goes through the lungs and provides oxygen to the body.
- A **contusion** is a bruise. Pulmonary contusions or lung bruises are often caused by high speed car crashes. Pulmonary contusions vary from mild to very bad.
- Young people can have a pulmonary contusion without breaking ribs because the chest is more flexible. Fractured (broken) ribs are often seen with older adults.



## About Your Injury

- The lung may be bruised in one or more places and can occur on one or both sides, depending upon the injuries.
- This injury may or may not have shown itself on x-ray right away. Sometimes it takes 48-72 hours to see how bad the injury is.
- The symptoms may have become worse over two to three days and then slowly improved.. You may have needed to be on oxygen during your stay.

## Discharge Instructions

- Cough and deep breathe every hour while you are awake.
- Activity as tolerated
- Hold pillow or hand against hurt area when coughing.
- Use the Incentive Spirometry as advised by your doctor.
- Take pain medicine as directed-don't wait for the pain to become bad.
- Be sure to let your family doctor know that you have a pulmonary contusion so they will know it will be there on follow up x-rays.

## 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**

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Trauma Clinic (814) 877-4577

