



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18802.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Chest Injury Instructions Advice for Patients

Chest Injury Instructions

Your chest injury will have been diagnosed through clinical examination. Suspected bruised or broken ribs heal by themselves and therefore do not need x-ray.

Chest injuries can cause a great deal of pain and this may persist for several weeks.

Nevertheless, to prevent a chest infection from developing you must:

- Keep moving around as usual; do not stay in bed.
- Breathe deeply for a few minutes every two hours to fill your lungs completely. If you need to cough, do not stop it, but press firmly over the sore part of your chest as you do so to help relieve the pain.
- Take regular pain relief as recommended by the nurse so that you will be able to complete the breathing exercises effectively.
- Refrain from lifting heavy or cumbersome objects as this will worsen the pain in your chest.
- Refrain from smoking.

YOU WILL NEED TO ATTEND THE NEAREST EMERGENCY DEPARTMENT IF:

- You develop sudden shortness of breath.
- You cough up any blood.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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