

Emergency Department

Simple Chest Injury

Advice for Your Return Home



You have injured your ribs. This document provides information about treatment and monitoring after leaving the hospital.

What is a simple chest injury?

Your accident caused a bruise, crack, or fracture of one or more ribs. The examinations performed in the Emergency Department ruled out complications. You therefore have a simple chest injury.

What is your treatment?

The main treatment is to relieve pain. It is important that you take your medication regularly.

Recommendations to follow

Pain

Rib pain may persist for 4–6 weeks.

To avoid pain:

- Avoid carrying heavy loads.
- Avoid carrying your children, even small ones.
- Do not play sports as long as you have pain.
- Plan rest periods.
- When sleeping, place cushions against the painful side of your chest to avoid rolling onto the injured side.

Ice

To limit inflammation and reduce pain:

Apply an ice pack (avoid direct skin contact) according to the following instructions:

- First two days: 10 minutes, 10 times per day.
 - Day 3 to day 9: 10 minutes, 2 times per day.
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Breathing
exercises

To protect your lungs from
complications

Perform the following breathing
exercises:

- 10 sets of 10 deep breaths
per day for 7 days.
- 6 sets of 6 deep exhalations
through a straw into a large glass
of water per day for 7 days.

Medications

Take medication exactly as instructed
by the medical team and as written
on your prescription.

What happens next?

Make an appointment with your general practitioner for a check-up in 7 days.

If you have a sick-leave certificate, you must see your general practitioner before the end date to reassess your ability to return to work.

Warning signs

- ▲ Make an appointment promptly with your general practitioner if your body temperature exceeds 38.5 °C.
- ▲ Go to the nearest emergency department if you experience difficulty breathing.



For any further questions, please contact your general practitioner or the pharmacist who provided your treatment.



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