

Rib Injuries

Information for patients

Although very painful, rib Injuries heal with minimum treatment. They do not require any form of strapping or support. However, there are certain things you can do to help ease the pain and discomfort to help minimise the risk of further problems.

Take regular painkillers to help keep the pain under control.

Although you may find it painful or uncomfortable you should try to breathe deeply and also to cough. This will help to keep your chest clear and prevent infection.

It is worth knowing that any injuries to the ribs always become more painful before things start to improve and you may notice the pain and discomfort becoming much worse after about 5 days. This is quite normal and nothing to become alarmed about.

If you are at all worried or notice any difficulty breathing or an increase or discolouration of phlegm, please do not hesitate to contact us.