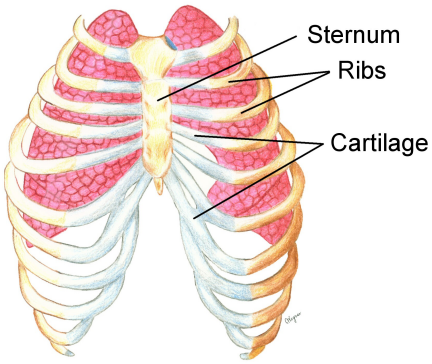
Costochondritis

Costochondritis is a condition in which the tissue that connects your ribs with your breastbone (*sternum*) becomes irritated and causes chest pain. This tissue is called cartilage.



HOME CARE

- Avoid activities that wear you out.
- Do not strain your ribs. Avoid activities that use your:
  - Chest.
  - Belly.
  - Side muscles.
- Use ice for 15 to 20 minutes per hour while awake for the first 2 days. Place the ice in a plastic bag. Place a towel between the bag of ice and your skin.
- Only take medicine as directed by your doctor.

GET HELP RIGHT AWAY IF:

- Your pain gets worse.
- You are very uncomfortable.
- You have a fever of 102°F (38.9°C) or higher.
- You have trouble breathing.
- You cough up blood.
- You start sweating or vomiting.
- You develop new, unexplained symptoms.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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