Chest Wall Pain, Brief

Your chest pain appears to be due to a problem in the chest wall. Most of the time chest wall pain is caused by minor bruises and muscle strains. This may come from lifting, twisting, coughing, or vomiting. Sometimes a soreness (*inflammation*) of the rib cartilage causes chest pain and tenderness. Chest wall pain is usually made worse by deep breathing, coughing, and movement of your chest. There may be a tender area over the chest. **Lung or heart problems can also cause similar symptoms. Further checking may be needed if your pain worsens, or does not improve with treatment.**

HOME CARE INSTRUCTIONS

- For chest bruises, apply ice to the sore area for 15 to 20 minutes four times per day while awake for the first 2 days or as directed. This can be stopped when the swelling goes away. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Rest as much as possible for the next 2-3 days.
- Resume full activity gradually as the pain improves.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- See your caregiver if your pain lasts longer than 1-2 weeks.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Increased pain.
- Pain that radiates into the back, arm, neck, or jaw.
- Nausea or vomiting.
- Shortness of breath, productive cough, or coughing up blood.
- Fever or chills.
- Sweating or cold and clammy skin.
- General weakness, light headedness or fainting.

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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