Chest Wall Pain

The chest wall area is made up of the bones, muscles, and skin. Chest wall pain is caused by minor bruises and muscle strains. This may come from lifting, twisting, coughing, or throwing up (*vomiting*).

HOME CARE

- Take medicine as told by your doctor.
- For chest bruises, you may ice the sore area for 15 to 20 minutes, 3 to 4 times a day. Do this only if it makes you feel better.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
- Rest for the next 2 to 3 days.
- Start normal activities or work as the pain improves.

GET HELP RIGHT AWAY IF:

- The pain lasts longer than 1 to 2 weeks.
- Pain goes into your back, arm, neck, or jaw.
- You feel sick to your stomach (*nauseous*) or throw up (*vomit*).
- You are short of breath or cough up blood.
- You develop chills.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You sweat or have cold and clammy skin.
- You feel weak, lightheaded, or pass out (*faint*).

MAKE SURE YOU:

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

Document Released: 06/05/2009 Document Re-Released: 03/14/2011
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