

Red flags

If you develop any of the following symptoms please contact your GP, minor injuries unit (MIU) or A&E department immediately:

- shortness of breath or tightness in the chest
- coughing up blood
- coughing up thick green coloured mucus
- severe worsening of symptoms

For further advice please contact:

Abingdon MIU	01865 903 476
Henley MIU	01865 903 755
Witney MIU	01865 903 841
Wallingford FAU	01865 903 471
Bicester FAU	01865 903 976

MIU: minor injury unit

FAU: first aid unit

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ନି ନନ୍ଦିନି ଆ ମାତ୍ରିନି ମିତ୍ର ଲୋକମାନଙ୍କ ସହଯୋଗୀ ଭାବରେ ଆମେ ଆକାଶମାନଙ୍କୁ କ୍ଷୁଦ୍ର, ନି କୃପା କରିବି ଅନ୍ୟମାନଙ୍କୁ ଯଦି ଆପଣଙ୍କୁ ଏହା ଜାଣକାରୀ କିଛି ଦୁସରୀ ଭାଷା ଯା ଆକାର ମେଁ ଚାହିଁବୁ ହୋ ତୁ କୃପା ହସ ନେ ପୁଅଁ

若您需要本信息的另一种语言或格式的版本，请与我们联系

ନେବ ବ୍ରହ୍ମାନ୍ତ୍ରି ଚିତ୍ତ ନାଟକରୀ ବିନୀ ସୁନୀ ବ୍ରାହ୍ମା ନାଁ ମଲତା ବିଂସ ଚାପିଣୀ ବୈଦେ ଓ ବିରଥା ଉତ୍ତ ବେ ମାତୁଁ ପୁଣି

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہمیں اس سے پوچھیں۔۔۔

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Urgent care is provided by our Older People Directorate.

OP 144.15



Urgent care

Rib injury advice

What is a rib injury?

An injury to the ribs is usually caused by a direct blow or a fall onto a hard surface.

Sometimes laughing, coughing or exercise can also injure the ribs. Minor rib injuries are painful.

What is the treatment?

An X-ray to confirm a broken (fractured) rib is not necessary as the treatment of broken or bruised ribs is the same.

Bruised or broken ribs can take from two weeks to two months to heal and during this time you will need to take regular pain killers and do breathing exercises.

Pain control

It is important that you take regular pain killers to allow you to continue as normal. The pain may worsen after a few days due to you becoming more mobile.

Support the ribs with your hand while coughing.

When in bed, lie propped up on pillows to decrease pain and to decrease the risk of infection.

Do not lift, wherever possible, and avoid strenuous exercise.

Breathing exercises

Chest infections are a very common problem after minor rib injuries.

It is vital that at least five minutes of deep breathing exercises are undertaken every hour while the pain persists to try to avoid an infection developing.

1. Place your hand over the injured area.
2. Take a deep breath in.
3. Hold for 10 seconds then blow out.

If you are a smoker, it is advisable to refrain from smoking for as long as you are injured, as this can increase the risk of developing complications.

If you have further concerns about your injury or feel that your recovery is taking longer than expected please contact your GP.