

Minor Injuries Units

North Dorset:

Blandford Community Hospital

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

Westminster Memorial Hospital

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

Yeatman Community Hospital

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

South West Dorset:

Bridport Community Hospital

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

Lyme Regis Medical Centre

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

Portland Community Hospital

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

Weymouth Community Hospital

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

South and East Dorset:

St. Leonard's Community Hospital

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

Swanage Hospital

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

Victoria Hospital

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

Emergency Departments

Dorset County Hospital

Williams Avenue, Dorchester, DT1 2JY

Telephone: **01305 251150**

Poole General Hospital

Longfleet Road, Poole, BH15 2JB

Telephone: **01202 665511**

Royal Bournemouth Hospital

Castle Lane East, Bournemouth, BH7 7DW

Telephone: **01202 704167**

Salisbury Hospital

Odstock Road, Salisbury, SP2 8BJ

Telephone: **01722 336262**

Yeovil District Hospital

Higher Kingston, Yeovil, BA21 4AT

Telephone: **01935 475122**

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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Minor Injuries Unit

Advice on chest and rib injuries



Dorset HealthCare University NHS Foundation Trust

Sentinel House

4–6 Nuffield Road

Poole, Dorset

BH17 0RB

☎ 01202 277000

🐦 @DorsetHealth

🌐 www.dorsethealthcare.nhs.uk

Information
for patients,
relatives and carers

Excellence
Compassion
Expertise

Chest and rib injuries

Falls or blows to the chest can lead to rib fractures, which can be very painful. X-rays are not always necessary as they may not show rib fractures and the treatment is the same regardless of a fracture or not.

The pain may worsen after a few days due to you becoming more mobile. The pain can last up to 6 weeks but will gradually subside.

Treatment

- Take painkillers regularly as advised.
- Local heat may prove beneficial, e.g. a covered hot water bottle placed over the injury.



Advice

Do the following breathing exercise regularly to prevent complications:

1. Place your hand over the injured area
2. Take a deep breath in
3. Hold for ten seconds then breathe out
4. Repeat five times every hour

Continuing symptoms

If you develop any of the following symptoms please consult your own doctor or visit your nearest Minor Injuries Unit or Emergency Department at once:

- Shortness of breath or tightness in the chest
- Coughing up any blood
- Coughing up thick, green coloured mucus

Further advice

If you have any general questions or need advice quickly, contact NHS **111** or log on to www.nhs.uk/111

You may also contact your Doctor during normal surgery hours. If the call to your Doctor is urgent and outside the normal surgery hours of 8.00am to 6.30pm, your surgery will redirect you to the appropriate out of hours service or advise you to call the NHS **111** number.

Out of hours – please call your own GP's out of hours contact number.

In an emergency, dial **999**.

Please read this leaflet carefully.

If you are concerned or there is anything you do not understand or you require further information, please contact your nearest Minor Injuries Unit or Urgent Care Centre using the contact details on the back of this leaflet.