Chest Injuries

Definition: The thorax is a cartilaginous bone scaffold in which the main organs of respiration and circulation (heart, lungs, etc.) are located. Its shape is conical. The posterior part is limited to the dorsal vertebrae and anterior part is limited by the ribs.

Types of chest lesions:

Injuries may occur due to accidents or conflicts and include:

- Penetrating injuries such as stab wounds or bullets
- Impenetrable or slow injuries: a car steering wheel hits the driver's chest and causes severe heart and lung injuries.

Injuries:

- Rib fractures
- Pulmonary contusion
- Heart damage
- Lung bleeding

Rib fractures:

If there is no complication in the rib fracture, the goal of treatment is to relieve the pain by local support, analgesia, and injection of anesthetic into the space between the ribs. The pain is reduced within 5 to 7 days and the fracture after 3 to 6 weeks is repaired.

What is chest tube?

Following chest injuries, the chest tube may be fixed by surgeon in the patient's intercostal space.

Benefits:

- It helps to discharge secretions (blood, air)
- Gas exchange is improved and the patient breathes better and more easily

Home care:

- The dressing on the operation site should be checked and the dressing should not be changed until doctor’s permission.
- If the dressing is opened, it should be pressed firmly and tightened again with sticks, and go to medical centers to change the dressing again. If the dressing is removed by a doctor earlier than scheduled, there is a possibility of air leaking into the lungs and creating new risks.
- It is best to cough every hour during the day and take a few deep breaths to clear the lungs.
- If there is pain at the operation site when coughing or deep breathing, the operation site can be supported with one hand and deep breathing can be performed.
- Because it is difficult to cough while lying down, the patient should be helped to sit up and cough.
- A special diet after surgery and discharge from hospital is not recommended. The patient should take sufficient fluids.
- It is better to avoid lifting heavy objects for 4-6 weeks.
- Avoid irritants such as cigarettes, perfumes, air pollution and deodorant sprays.
- Follow your doctor's instructions for bathing.

**Stop smoking.**

Inform your doctor if you have any of the following symptoms:

- Discharge of secretions from the operation site
- Redness and warmth of the operation site
- Fever
- Shortness of breath
- Accelerated number of breaths

If you have any questions or ambiguities, call the following number:

023-33437824, Surgery ward of Kosar Hospital