

Chest wall pain

Use peak flow and incentive to make sure you take deep breaths. Take enough pain medications so you can take deep breaths but not so much that you are too sleepy to take a deep breath. Take motrin and tylenol per bottle instructions and if continued pain then take tramadol then robaxin then tylenol with codeine. They will make you sleepy and constipated so do not operate machinery care for others or be in high or dangerous places. Follow up with your doctor Ice and elevate. use heat on sore muscles and hematoma Return any new or worsening symptoms. Return any numbness weakness paleness shortness of breath fever or increased pain or redness.