

Spontaneous Pneumothorax Discharge Instructions

What follow-up will I or my child need after being evaluated and managed for spontaneous pneumothorax?

Our staff will schedule a follow-up appointment about 6 weeks after your visit. Virtual (video) appointments are available. You or your child will need to get a chest x-ray before this appointment, which our staff will arrange. You should receive a call or message from our clinic confirming your appointment. If you have an in-person follow-up appointment, we can do the chest x-ray on the same day as your follow-up appointment, after you check in.

What activities can I do after discharge?

- Until your 6-week follow-up appointment, you or your child should do light activity and exercise only. Avoid heavy lifting (more than 10-15 pounds), contact sports, or other activities that may result in injury to the chest. Also avoid traveling in an airplane, playing wind instruments, or scuba diving.
 - Contact us if you need a follow-up appointment sooner than 6 weeks to participate in any of these activities.
- It is safe to drive and return to school or work once your pain is under control.
- If you need a note to be excused from sports, school, or work, please ask your emergency department (ED) provider before you leave.

How do I manage pain after discharge?

You or your child can expect to have some pain or discomfort for several weeks as the body reabsorbs the air outside the lung. It will get better with time. Take acetaminophen (Tylenol®) and ibuprofen (Motrin®) as needed for pain.

When should I return to the emergency department (ED)?

Return to the ED immediately if you or your child:

- Develops shortness of breath that is getting worse, or it feels like you or your child isn't getting enough air.
- Has chest pain that is getting worse even after taking acetaminophen and ibuprofen and resting.

What is the contact information?

Please call or send a message through the online patient portal

(MyUofMHealth.org) if you have any questions or concerns.

- **Monday through Friday from 8:00 AM – 5:00 PM:** Call (734) 764-4151 and ask to speak to a pediatric surgery clinic nurse.
- **After 5:00 PM or on weekends:** Call (734) 936-6267 and ask to speak with the pediatric surgery fellow or resident on call.

When you call, we will ask you to leave a message, and a team member will call you back as soon as possible. If it is an emergency, go to the emergency department.

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