

Pneumothorax Discharge Advice



Changi
General Hospital

SingHealth

What is a Pneumothorax?

A spontaneous pneumothorax happens when air collects in the pleural space (the space between the lung and chest wall). The trapped air in the pleural space prevents the lung from filling with air, and the lung collapses. This can happen in one or both lungs.



Management of a Spontaneous Pneumothorax

Small pneumothoraces may resolve over time without intervention.

Larger pneumothoraces will usually need to have the air drawn out, either using a needle and syringe, or by insertion of a chest tube into the pleural space to let the air drain out.

Discharge Advice

- ➔ An appointment would have been made for you to return to the hospital for follow-up. Do remember to come back for your review as planned.
- ➔ If at any time you develop new or increased shortness of breath or chest pain, call 995 for an ambulance or seek immediate medical care at the Emergency Department.
- ➔ You must avoid air travel until the pneumothorax has resolved completely and your doctor gives you the all clear to fly. It is also advisable to avoid strenuous activity.
- ➔ Diving should be permanently avoided after a pneumothorax, unless you have had a bilateral surgical pleurectomy.
- ➔ If you smoke, it is important to quit as it would put you at greater risk of recurrence of a pneumothorax.





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For more information, please visit www.cgh.com.sg



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