

# Spontaneous pneumothorax advice sheet

## What is spontaneous pneumothorax?

Spontaneous pneumothorax means collection or trapping of air between the chest wall and the lung spontaneously, causing collapse of the lung.

In most cases trapped air should dissolve on its own and not cause any problems.

However, if this air expands then it can cause collapse of the lungs in which case it will have to be removed by putting a needle or a tube in your chest.

Therefore to prevent that from happening it is advised that until full resolution of the pneumothorax

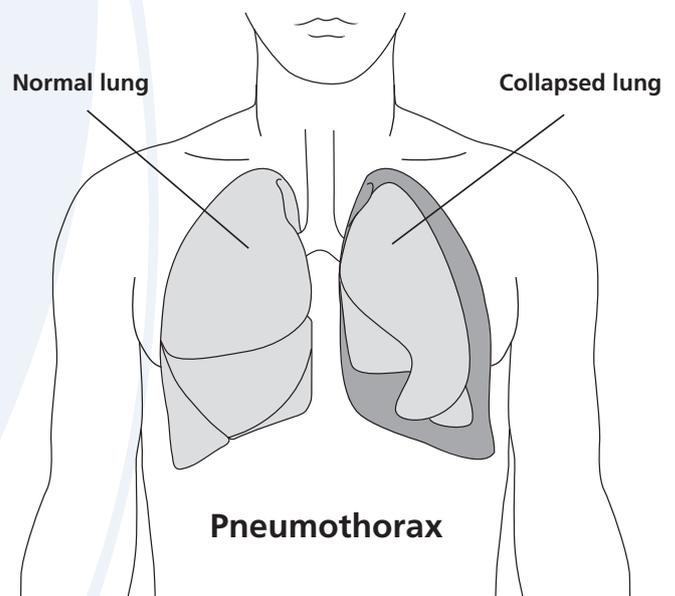
- a) Air travel and deep sea diving should be avoided.
- b) Smoking should be avoided.
- c) Sports with heavy exertion or physical contact should be avoided.

Also, to prevent recurrence of pneumothorax after full resolution, we advise smoking cessation and no deep sea diving permanently (unless you are a professional: in which case discuss with respiratory physician). Risk of recurrence is also high in pregnancy. So, if you are female and pregnant or planning to be pregnant, be aware of the symptoms like

breathlessness and chest pains in which case you will need to seek medical advice.

Since you are being discharged we would like you to be aware of certain symptoms which may require you to come back to the hospital.

If you experience any worsening chest pain despite simple pain relief medication or increasing shortness of breath you should go to your nearest Emergency Department or come back to us. However, if you remain symptom free or your symptoms are improving you will be seen by a respiratory/ chest physician in the outpatients department at the QEHB in two weeks' time. You will be contacted either by post or telephone for an appointment date and time. For any other queries contact your local GP.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit [www.uhb.nhs.uk/health-talks.htm](http://www.uhb.nhs.uk/health-talks.htm) or call 0121 371 4323.

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