

adult head injury advice

PAC Code: 101

Your symptoms should settle over the next 2 weeks, but if they do not you should consult your doctor.

- Try to avoid bright lights and loud noises.
- If you usually take sleeping tablets or sedatives then check with your doctor as to when you should next take them.

If your symptoms get worse, or you or your relatives/responsible person notice any of the following:

- Severe persistent headache
- Vomiting more than twice
- Double or blurred vision
- Dizziness or lack of co-ordination
- Tremors, fits, numbness or weakness of arms or legs
- Excessive drowsiness, difficulty in waking patient or unconsciousness
- Blood or clear fluid leaking from the nose or ear

call for an ambulance immediately or attend the nearest A&E department

In cases of minor head injury it is not always necessary to go to hospital, however you should be aware that your condition could worsen and you may then need hospital treatment.

The following advice is given to help you understand the effects of your injury and to help you recognise when you should seek further help.

- You should expect to have a slight headache. A simple painkiller can be taken in the dose stated on the packaging.
- Do expect to feel off colour and tired. Rest, having light meals or clear fluids until symptoms subside.
- Stay with relatives or a responsible adult until you feel well.
- Do not return to work or study and do not watch television, drink alcohol or play sports until the symptoms have gone.