

EMERGENCY DEPARTMENT AND MINOR INJURY UNITS

ROYAL ALEXANDRA HOSPITAL

TELEPHONE: 0141 314 7294

INVERCLYDE ROYAL HOSPITAL

TELEPHONE: 0141 314 9504

VALE OF LEVEN HOSPITAL

TELEPHONE: 01389 828599



HEAD INJURY ADVICE

Advice for a patient allowed home from Emergency Department following a head injury.

Do you still feel unwell?

Often people can feel unwell after a head injury even when they are back home. Common symptoms are:

- mild headache
- dizziness
- poor concentration
- memory problems
- irritability or being easily annoyed
- tiredness
- poor sleep

If you have any of these symptoms, **DO NOT WORRY** because they should clear up in time without any treatment.

But if you still have symptoms after two weeks you should see your own doctor.

Some extra advice to help you get well

Following this advice will help you to recover from your head injury more quickly, and it may stop some of the symptoms from happening.

DO have plenty of rest and avoid stressful and noisy situations.

DO NOT take any alcohol

DO NOT take sleeping pills, sedatives or tranquillisers unless they are given by a doctor

DO NOT return to sporting activities if you continue to have any of the symptoms mentioned above. Once these symptoms have resolved then a gradual return to sporting activities should be done over a 3 week period. This is particularly important in contact sports such as football & rugby. If symptoms recur during this return to activities then reduce level of activity and consider contacting your GP for further advice.

Reviewed – GM 2014

FOR PATIENTS AFTER A HEAD INJURY

Head Injury Warning

Important things to look for after a head injury

(Advice for the person taking a patient home from Emergency Department)

Name _____ has suffered a head injury, but does not need to be admitted to a hospital ward. We have examined the patient, and believe that the injury is not serious. Very rarely, complications can develop as a result of a head injury so please watch the patient closely over the next few days or so, and follow this advice:

1. Do not leave the patient alone.

2. Make sure there is a nearby telephone and that the patient stays within easy reach of medical help.

3. Symptoms to look out for:

- Is it difficult to wake the patient up?
- Is the patient very confused?
- Does the patient complain of very severe headache?
- Has the patient
 - Vomited?
 - Lost consciousness?
 - Complained of weakness or numbness in an arm or leg?
 - Complained about not seeing properly?
 - Had any watery fluid coming out of ears or nose?

If the answer to any of these questions is 'YES' or if you are worried about anything else, you should telephone the Emergency Department on:

0141 314 7411 (RAH Emergency Dept.)

0141 887 9111 (RAH Hospital)

01475 633777 (IRH Hospital)

Or if you are very worried, take the patient straight back to the Emergency Department.