

Care after a minor head injury

Emergency Department

Information for Patients

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Introduction

You have been diagnosed with a minor head injury. These are very common and usually cause no long term damage.

When you go home, it is important that you are accompanied by a responsible adult. This person should also read this leaflet so that they know what symptoms you may experience.

What symptoms might I have after my head injury?

Most people recover quickly after a head injury although it is common to get some symptoms over the next few days. These usually settle within 2 weeks. If these symptoms last longer than this you should see your GP.

Common symptoms you may experience are:

- mild headaches
- feeling dizzy
- feeling sick (nausea)
- sensitivity to light or noise
- restlessness
- feeling irritable or short-tempered
- difficulty concentrating
- feeling low, tearful or anxious
- problems sleeping

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or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What advice should I follow?

Do's and don'ts:

Do:

- Do make sure that you have plenty of rest and avoid stressful situations.
- Do take painkillers such as paracetamol if you have a headache.
- Do make sure that if you are left alone you have a telephone nearby.
- Do make an appointment to see your GP in a weeks time if you have had a scan of your head.

Don't:

- Don't drink alcohol until you feel better.
- Don't drive a car or motorbike, ride a bicycle or operate machinery until you have fully recovered.
- Don't take any drugs that haven't been prescribed for you.
- Don't return to work until you have fully recovered.
- Don't stay alone at home for the first 48 hours after leaving the hospital.
- Don't play any contact sports, such as rugby, for 3 weeks without getting advise from your doctor.
- Don't sign any legal paper work until you have recovered.
- Don't take aspirin unless it has been prescribed for you.

What concerns should I look out for?

Although unlikely, there is a small risk of developing complications after a head injury and you should therefore **return to the Emergency Department** if you develop any of the symptoms listed below.

This is especially important if you have a condition that stops your blood clotting normally or if you take blood thinning (anticoagulant) medication such as apixaban, rivaroxaban, edoxaban, aspirin, clopidogrel or heparin injections.

You should return to the Emergency Department if you experience any of the following:

- Vomiting (being sick).
- Confusion or a change in your behaviour (not knowing where you are, getting things muddled up).
- Problems with understanding or speaking, i.e. slurred speech.
- Loss of consciousness or feeling very drowsy when you would normally be wide awake.
- Any loss of balance or problems with walking.
- Any weakness in one or both arms or legs.
- Clear fluid coming from your ears or nose.
- Bleeding from one or both ears.
- Changes in your eyesight including double or reduced vision.
- Have a fit or collapse suddenly.
- A severe headache which doesn't go away with painkillers such as paracetamol.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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