

# Head Injury Advice (Adults)

You have been assessed by a health care professional following a minor head injury. Our assessment has concluded that you do not need to attend hospital and that you should recover without any problems.

However, as a precaution, if you experience any of the following, you should attend your local Emergency Department (A&E) as soon as possible.

- **Unconsciousness or lack of full consciousness (including being extremely drowsy).**
- **Increasing confusion (not knowing who you are or disorientation).**
- **Extreme drowsiness lasting more than 1 hour when you would normally be awake.**
- **Problems understanding or speaking.**
- **Loss of balance, problems walking or weakness to arms / legs.**
- **Weakness in one or both arms or legs.**
- **Visual disturbance (problems with eyesight).**
- **Increasing, very painful headache that does not go away.**
- **Vomiting more than once.**
- **If you have a seizure (a 'fit') or pass out suddenly.**
- **Any fluid or blood coming from your ears or nose or deafness.**

Having a minor head injury can make you feel the following symptoms that are quite normal. These may last a few days.

- **Mild headache.**
- **Feeling sick (but not vomiting more than once).**
- **Dizziness.**
- **Irritable or bad tempered and loss of appetite.**
- **Difficulty concentrating, feeling tired and difficulty sleeping.**

To help you recover quickly and safely, we recommend the following:

- Make sure someone responsible is with you for the next 48 hours.
- Stay within reach of a telephone, rest and avoid stressful situations.
- Do not drink alcohol or take un-prescribed medication (you can take Paracetamol).
- Avoid contact sports or extreme physical activity.
- You may need to take a few days off from work until you have fully recovered.
- **DO NOT** drive a car or operate large machines until you have fully recovered.

**IF IN ANY DOUBT CONTACT YOUR EMERGENCY DEPARTMENT, GP OR DIAL 999.**