

# Head Injury (Adult)

Emergency Department

## Introduction

This leaflet will help you understand what symptoms are common after head injuries and which symptoms are more significant.

## Am I safe to go home?

You have been assessed and we think that it is alright for you to leave hospital now. We have checked your symptoms and you seem well on the road to recovery.

## What are the symptoms I don't need to worry about?

You may feel some other symptoms which should disappear in the next 2 weeks. These are mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, lack of appetite, problems concentrating or problems with your memory, tiredness, problems sleeping.

If you feel very concerned about any of these symptoms in the first few days or these problems do not go away after 2 weeks you should contact your General Practitioner (GP).

## What symptoms mean I need to return to the Emergency Department?

When you get home it is very unlikely that you will have any further problems. But if any of the following symptoms do return, we suggest you get someone to bring you back to your nearest hospital emergency department as soon as possible:

- Unconsciousness or lack of full consciousness (for example, problems keeping eyes open)
- Drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be awake
- Problems understanding or speaking
- Loss of balance or problems walking
- Weakness in one or both arms or legs
- Problems with your eyesight
- Painful headache that won't go away after taking simple pain killers (for example, paracetamol)
- Vomiting (being sick)
- Seizures, convulsions or fits

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

- Clear fluid coming out of your ears or nose
- Bleeding from one or both ears

## What can I do to help myself get better?

If you follow this advice you should get better more quickly and it may help any symptoms you have to go away.

Do not stay at home alone for the first 48 hours after leaving hospital.

- Do have plenty of rest and avoid stressful situations
- Do make sure you stay within easy reach of a telephone and medical help
- Do not take any alcohol or recreational drugs
- Do not take sleeping pills, sedatives or tranquillisers unless they are fully prescribed by a doctor
- Do not play any contact sport (for example, rugby or football) for at least 3 weeks until you are feeling totally recovered
- Do not drive a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered. If you are unsure you should discuss this with your G.P. before driving

## Will there be any long terms effects following my head injury?

Most people recover quickly following a head injury and do not develop long term problems. However, if you feel that you are experiencing symptoms such as memory problems or not feeling right, please contact your General Practitioner (GP).

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。