

Emergency Department

Head Injury (Adult)

You have been seen in the Emergency Department and diagnosed with a minor head injury which does not require further investigation.

You need to stay with a responsible adult for at least 24 hours in case you become more unwell. You should give them this leaflet to read.

After a minor head injury some people find that they have problems concentrating, feel very tired, suffer with headaches, nausea (feeling sick), and dizziness. For the vast majority of patients these symptoms may last for a few days but for a few unlucky patients they may take weeks to resolve. If you are worried about ongoing symptoms you should see your GP for advice.

You should:

- Rest for a few days;
- Avoid alcohol, sedatives or recreational drugs for a few days;
- Take regular paracetamol or ibuprofen for headache (Do not exceed the manufacturer's stated dose);
- Sleep if you are tired;
- Avoid driving until you are confident it is safe to do so, as advised by the doctor.

Please return to the Emergency Department if:

- You vomit more than once;
- The headache becomes severe despite painkillers;
- You have a fit or a funny turn or loss of consciousness;
- You have severe balance problems or problems with your vision;
- You experience drowsiness (not just tiredness).



Patient Information

For the person looking after you

Please bring the patient back to the Emergency Department if there is increasing drowsiness or confusion.

For further information, please call the Emergency Department on 024 7696 6200.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6200 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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