



Head injury (adult): aftercare advice (from the Emergency Department)

Information for patients from the Emergency Department

Please speak to a healthcare professional before following the advice below

You have been examined by a doctor / nurse to see if there is any immediate problem following your head injury, and they do not feel a stay in hospital is needed.

Why does someone have to stay with me for the next 24 to 48 hours?

Very rarely, complications may happen after a minor head injury, so someone must stay with you for the next 24 to 48 hours to make sure that your condition / behaviour does not change in any way.

How should I look after myself when I get home from hospital?

Do not

- Drink alcohol.
- Take any sedatives (such as sleeping tablets or tranquillisers), but continue to take other prescribed medication as normal.
- Drive or operate machinery for 24 hours.

Do

- Rest for one to two days.
- Avoid contact sports for two weeks.
- Take simple painkillers (such as paracetamol and / or ibuprofen) as directed on the bottle / container if you have a simple headache.

If you notice any of the following signs, please go to your nearest Emergency Department immediately.

- An increasingly severe or persistent headache.
- Increasing restlessness, irritability, or strange behaviour.
- Increasing sleepiness and difficulty in waking.
- Problems with balance, including falling over.
- Blurred or double vision.
- Vomiting twice or more.
- Convulsive movements of any part of the body, and / or weakness, or paralysis.
- Unusual drowsiness or unconsciousness.

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

Reference number: Web 410

First published:
March 2018

Last reviewed:
June 2023

Next review date:
October 2026

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