



**East Kent  
Hospitals University**  
NHS Foundation Trust

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

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## 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

- **Do not** drink alcohol.
- **Do not** take any sedatives (such as sleeping tablets or tranquillisers), but continue to take other prescribed medication as normal.
- **Do not** drive or operate machinery for 24 hours.

#### Do

- **Do** rest for one to two days.
- **Do** avoid contact sports for two weeks.
- **Do** 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.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto: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 information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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