

If you require further advice  
or are not sure then please  
contact your GP or phone 111



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

# Head Injury in an Adult

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## What to Expect

You have been examined and we feel it is right for you leave hospital.

You may experience some of the following symptoms:

- Mild headache.
- Feeling sick (without vomiting).
- Dizziness.
- Irritability or bad temper.
- Problems concentrating or with your memory.
- Tiredness.
- Lack of appetite.
- Problems sleeping.

These symptoms usually disappear within 5 days.

If you are concerned about any of these symptoms in the first few days or if they continue after 5 days then please contact your GP for advice.

**You should not drive until you are able to fully concentrate on the road.**

## When to Return to A+E

If you are affected by any of the following, you are advised to return to the Emergency Department or get someone to take you to the nearest Emergency Department as soon as possible.

- **Recurrent vomiting.**
- **Very painful headache that will not go away despite pain killers.**
- **Unconscious or lack of full consciousness (for example problems keeping eyes open).**
- **Any confusion (not knowing where they are, getting things muddled up).**
- **Any problems understanding or speaking.**
- **Any loss of balance or problems walking.**
- **Any weakness in one or both arms or legs.**
- **Any problems with eyesight.**
- **Any fits (collapsing or blacking out suddenly).**
- **Clear fluid coming out of their ear or nose.**

## Helping you to Recover

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

- Inform a friend or family member of your head injury and stay with somebody for the first 24 hours after the injury.
- Make sure you stay within easy reach of a telephone and medical help.
- Have plenty of rest and avoid stressful situations.
- Avoid alcohol until your symptoms have settled.
- Do not take sleeping tablets or tranquilisers unless they are fully prescribed for you by a doctor.
- Do not do contact sport (for example rugby or football) until 3 weeks after symptoms have settled.
- Do not return to school, college or work until you feel that you have fully recovered.
- Do not drive a car, motorbike or bicycle or operate machinery until you have completely recovered.