

Support Organisations

- Headway
www.headwaysurrey.org or www.headway.org.uk
Phone: 0808 800 2244
- Brain and Spine Foundation
www.brainandspine.org.uk
Phone: 0808 808 1000

References

- NICE Guidelines (CG176) January 2014: Head injury: Triage, assessment, investigation and early management of head injury in children, young people and adults
www.nice.org.uk/guidance/

Contact details

Have you any other questions or problems.
Please contact us at

Royal Surrey County Hospital Accident & Emergency Department on 01483 571122 ext 2370

or

Contact your own GP or phone 111

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm
Monday to Friday

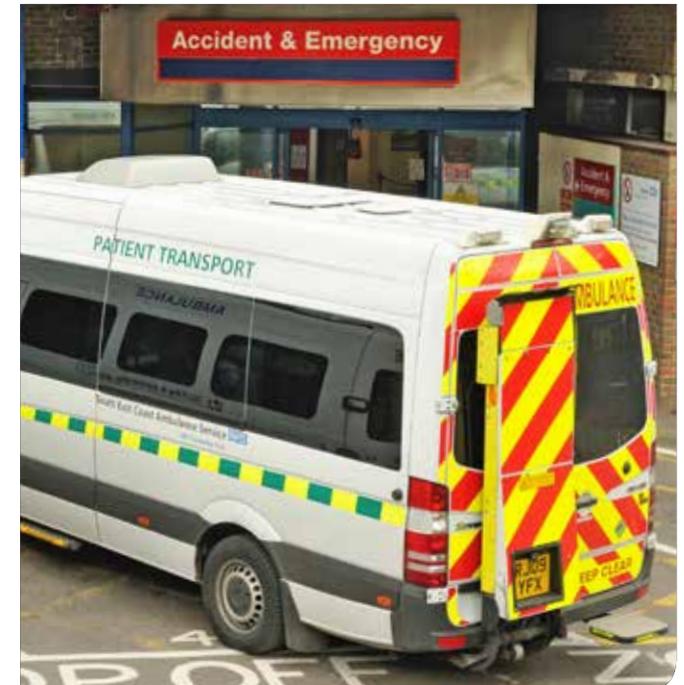
If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Head injury – Adults



Accident & Emergency

You have sustained a Head Injury. We think that it is safe for you to leave hospital now. We have checked your symptoms and you seem well on the road to recovery. When you get home it is very unlikely that you will have any further problems.

What problems should I look out for and when I need to return to hospital?

If any of the following symptoms develop, we suggest you come back or get somebody to take you to your nearest Emergency Department as soon as possible.

- Unconsciousness or lack of full consciousness (for example, problems keeping eyes open).
- Clear fluid coming out of your ears or nose.
- Bleeding from one or both ears.
- Bruising behind one or both ears.
- Any vomiting (being sick).
- Any fits/seizures (collapsing or passing out suddenly).
- Any confusion (not knowing where they are, getting things muddled up).
- Any drowsiness (feeling sleepy) that goes on for longer than 1 hour when they would normally be wide awake.
- If you are difficult to wake.
- Any problems with understanding or speaking.

- Any new loss of balance or problems with walking.
- Any new weakness in one or more arms or legs.
- Any new problems with their eye sight.
- Very painful headache that won't go away, not relieved by painkillers such as Paracetamol.
- New deafness in one or both ears.

Things you should not worry about

You may experience other symptoms over the next few days. These should disappear in the next 2 weeks, in some cases these may persist longer.

- Mild headache
- Feeling sick (without vomiting)
- Dizziness
- Irritability or bad temper or restlessness
- Problems concentrating or problems with your memory
- Feeling depressed, tearful or anxious
- Tiredness
- Lack of appetite
- New problems with sleeping

If you are concerned about any of these symptoms in the first few days, please see your own doctor/GP

How to look after yourself and feel better more quickly

- A responsible adult must stay with you for the first 24 hours after your injury.
- Make sure you stay within easy reach of a telephone and medical help.
- Have plenty of rest and avoid stressful situations.
- We advise that you refrain from taking any alcohol or drugs. If you need advice about this please let us know.
- Only take sleeping tablets, sedatives, tranquillisers or medications that are prescribed by a doctor. Do not take Aspirin unless advised.
- Only return to your normal school, college or work activity when you feel you have completely recovered.
- Refrain from playing any contact sport (for example, rugby or football) for at least 3 weeks without talking to your doctor first.
- Refrain from driving a car, motorbike or operate machinery unless you feel you have completely recovered.
- If you have had a CT scan you must see your doctor/GP in the following two weeks for review.
- Some people may make a quicker recovery than others but may later develop complications.