

# Head Injury in an Adult

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

This leaflet can be made available  
in alternative languages / formats  
on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać  
udostępniona  
w innych językach/formatach.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

 /sthknhs  @sthk.nhs  
[www.sthk.nhs.uk](http://www.sthk.nhs.uk)

**Author:** ED Consultants  
**Department:** Emergency Department  
**Document Number:** STHK7060  
**Version:** 2  
**Review date:** 01 / 09 / 2023

## What to expect

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

You may experience some of the following symptoms:

- Mild headache
- Feeling sick (without vomiting)
- Dizziness
- Irritability or bad temper
- Problems concentrating or problems 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.
- If you fall unconscious or lack of full consciousness (for example problems keeping eyes open).
- Any confusion (not knowing where you 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 your ear or nose.
- Bleeding from one or both ears.
- New deafness in one or both ears.

## Helping you to recover

If you follow this advice you should get better more quickly and it may help get rid of any symptoms you may have:

- 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 any 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.