



## Minor head injury discharge advice - Adults

On returning home it is important that, if possible, you are accompanied by a responsible adult. While unlikely, there is a small risk of developing complications, so if you experience any of the following symptoms in the next few days you should return to the Emergency Department as soon as possible.

- Loss of consciousness
- New deafness in one or both ears
- Loss of balance or problems walking
- Any weakness in one or both arms or legs
- Any vomiting
- Clear fluid coming out of your ears or nose
- Drowsiness when you would normally be wide awake
- Increasing disorientation
- Problems understanding or speaking
- Blurred or double vision
- Inability to be woken
- Bleeding from one or both ears
- Any fits (collapsing or passing out suddenly)
- Severe headache not relieved by painkillers such as paracetamol

### Dos and Don'ts

**DO** make sure you stay within reach of a telephone and medical help in the next few days

**DO** have plenty of rest and avoid stressful situations

**DO** show this factsheet to a friend or family member who can keep an eye on your condition

**DO** take painkillers such as paracetamol for headaches

**DON'T** stay at home alone for 48 hours after leaving hospital

**DON'T** drink alcohol until you feel better

**DON'T** take aspirin or sleeping tablets without consulting a doctor

**DON'T** return to work until you feel ready

**DON'T** play any contact sport for at least three weeks without consulting your doctor

**DON'T** return to driving until you feel you have recovered. If in doubt consult your doctor.

**Most people recover quickly. However, you may experience some of the following symptoms over the next few days and weeks, which don't require a return to hospital.**

- Headaches
- Feelings of dizziness
- Nausea
- Sensitivity to light or noise
- Sexual difficulties
- Sleep disturbance
- Memory problems
- Irritability
- Restlessness
- Impulsivity and self-control problems
- Difficulties with concentration
- Feeling depressed, tearful or anxious
- Fatigue
- Difficulties thinking and problem-solving

In most cases these symptoms will resolve themselves within two weeks. However, in some cases they may persist much longer. Try not to rush back into normal activities, as this may delay recovery. If you still have any symptoms after two weeks we suggest you see your GP and take this factsheet with you. It may be possible to seek referral to a head injury specialist such as a neurologist or neuropsychologist.

**This factsheet should not replace a clinical examination. If you have not been examined then contact your GP, call NHS Direct (England and Wales) or NHS 24 (Scotland).**

**For further information, support and contact details of local Groups and Branches, contact the Headway helpline on 0808 800 2244 or [helpline@headway.org.uk](mailto:helpline@headway.org.uk).**



## About Headway

Headway - the brain injury association is a charity set up to give help and support to people affected by brain injury.

A network of local Headway Groups and Branches throughout the UK offers a wide range of services including rehabilitation programmes, carer support, social re-integration, community outreach and respite care.

The Headway helpline provides information, advises on sources of support, finds local rehabilitation services and offers a listening ear to those experiencing problems.

Other services provided by Headway include:

- Supporting and developing local Groups and Branches
- Promoting understanding of brain injury and its effects
- Producing a range of publications on aspects of brain injury
- Lobbying for better support and resources to be made available by statutory health and social care providers
- Campaigning for measures that will reduce the incidence of brain injury
- Accreditation of UK care providers through the Approved Provider scheme

## Make a donation

I wish to help Headway - the brain injury association to improve life after brain injury by making a donation £

### Your personal details

Mr/Mrs/Miss/Ms

Full name

Address

Postcode

Daytime tel. number

Email

### Your payment details

I enclose my cheque for £  made payable to Headway - the brain injury association

Please debit my Visa / Mastercard / Diners / Maestro card number:

Security code\*:

 \*3 digits on reverse of card

Expiry date:

Start date:

Issue no. (Maestro only):

We (Headway - the brain injury association) hold the information you supply to us on our database. From time to time we may send you information regarding other services and products we provide. If you do not wish to receive such information, please tick this box.

Please tick this box if you do not want a receipt

### Gift Aid

*giftaid it* Gift Aid will increase the value of your donation by 25% at no extra cost to you. Please tick the Gift Aid box below if you want Headway to reclaim the tax you have paid on your donations since 6th April 2008 and any future donations you make. Please note that you must pay an amount of income tax or capital gains tax at least equal to the amount we can reclaim on your donation in any tax year.

I confirm I have paid or will pay an amount of income tax and/or capital gains tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCS) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and council tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

### Donate by phone or online

- To make a donation by phone, call: **0115 924 0800**
- To make a donation online visit: **www.headway.org.uk**

**Completed forms should be sent to:** The Fundraising Team, Headway - the brain injury association, FREEPOST RSGU-CSKS-CSJS, Bradbury House, 190 Bagnall Road, Old Basford, Nottingham, NG6 8SF