

## **General Information for head injury**

This advice must be given to patients and the accompanying adult.

You have had a head injury. You have been examined by either an Emergency Nurse Practitioner (ENP) or a Doctor and are now considered fit to be discharged. Some people who have had a minor head injury later develop problems, which occasionally can be serious.

## **Danger signals**

If you or the accompanying adult notices any of the following please return to the nearest Emergency Department.

- Unconsciousness, or lack of full consciousness (for example, problems keeping eyes open).
- Any confusion (not knowing where you are, getting things muddled up)
- Any drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be awake.
- Difficulty waking you up
- Any problems understanding or speaking.
- Any loss of balance or problems walking.
- Any weakness in one or more arms or legs
- Any problems with your eyesight
- Very painful headache
- Any vomiting – getting sick
- Any fits (collapsing or passing out suddenly).

## **Do....**

- Have plenty of rest and avoid stressful situations.
- Take the painkillers suggested by the doctor.
- Make sure that if left alone you have a telephone nearby to use to contact medical help if needed.

## **Do not,**

- Drive a car or motorbike, ride a bicycle, or operate machinery until you feel you have fully recovered.
- Drink alcohol or take any drugs.
- Return to work activity until you feel you have completely recovered.
- Stay alone at home for the first 48 hours after leaving hospital
- Play contact sports, e.g. football, rugby for 3 weeks without speaking to their doctor first.

For the first few days it can be normal to feel unwell with a mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating or problems with their memory, tiredness, lack of appetite or problems sleeping. These should disappear in the next two weeks. If however you or your friend/relative is worried or these symptoms last more than two weeks you should see your doctor.

**For future problems contact:**

**0116 258 5121 or 0116 254 1414**

If you would like a written or taped translation of this information please contact, Service Equality Manager on 0116 2584382.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 2584382 নাম্বারে যোগাযোগ করুন।

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xiriir, Maamulaha Adeegga Sinaanta 0116 2584382.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲਿਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੈਵ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਆਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116, 2584382 ਤੇ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو اس لیفلٹ کا تحریری طور پر یا ٹیپ شدہ ترجمہ درکار ہو تو برائے مہربانی سروس ایکوالٹی مینجریٹی بیکرسے ٹیلیفون نمبر 0116 2584382 پر رابطہ قائم کریں۔

ਜੇ ਨਮਨੇ ਆ ਪਤਿਕਾਨੂੰ ਲਿਖਿਤ ਅਥਵਾ ਟੇਪ ਉਪਰ ਲਾਪਾਂਤਰ ਜੇਹਨੂੰ ਊਥ ਨੇ ਮਊਦਆਨੀ ਕਰੀ ਤੇਯ ਭੇਕਰ, ਸਰਵਿਸ ਇਕੁਆਲਿਟੀ ਮੈਨੇਜਰ ਨੇ 0116 2584382 ਉਪਰ ਸੰਪਰਕ ਕਰੋ.

यदि आप को इस लीफ़्लिट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेव बेकर, सर्विस ईक़्वालिटी मैनेजर से 0116 2584382 पर सम्पर्क कीजिए।

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General discharge information  
about

Head injury

Emergency Department  
Leicester Royal Infirmary  
Telephone: 0116 258 5647