



## Information for patients, relatives and carers

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# Head Injury Adult

We think that it is safe for you to leave hospital. We have checked your symptoms and you seem on the road to recovery. When you get home, it is very unlikely that you will have any further problems. However, if you develop any of the following symptoms, we suggest you attend your local Emergency Department as soon as possible:

- Unconsciousness or lack of full consciousness
- Confusion
- Drowsiness that goes on for longer than one hour, when you would normally be wide awake
- Difficulty waking up
- Problems understanding or speaking
- Loss of balance or problems walking
- Weakness in one or more arms/legs
- Problems with your eyesight
- A very painful headache that does not go away with simple pain relief (such as paracetamol or ibuprofen)
- Vomiting
- Fits
- Clear fluid leaking from your ear or nose
- New bleeding from your ear

## **Things you should not worry about:**

You may experience some other symptoms over the next few days which should disappear in the next two weeks. These include:

- Mild headache
- Nausea (but no vomiting)
- Dizziness
- Irritability/bad temper
- Problems concentrating or problems with your memory
- Tiredness or problems sleeping
- Lack of appetite

If you are concerned about any of these symptoms in the first few days after discharge, you should contact your GP surgery to discuss this further.

If these problems do not go away after **two** weeks you should go and see your GP. We would also recommend that you seek your GP's opinion about your ability to drive.

## **Things that will help you get better:**

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

### **Do:**

- ✓ Make sure you stay within easy reach of a telephone
- ✓ Have plenty of rest and avoid stressful situations
- ✓ Take paracetamol or ibuprofen to relieve pain or a headache
- ✓ Make sure an adult stays with you for at least the first 24 hours
- ✓ Hold an ice pack (or a bag of frozen peas in a tea towel) to the area regularly for short periods in the first few days to bring down any swelling

### **Do Not:**

- ✗ Take any alcohol or drugs
- ✗ Take sleeping pills, sedatives, or tranquillisers unless they are given by a doctor
- ✗ Play any contact sport for at least three weeks without talking to your GP first
- ✗ Return to your normal activity until you feel you have completely recovered
- ✗ Drive or ride a bicycle, or operate machinery until you have completely recovered

## Long-term problems

Most patients recover quickly from their accident and experience no long-term problems. However, some patients only develop problems after a few weeks or months. **If you start to feel that things are not right (for example: memory problems, not feeling usual self), then please contact your GP surgery as soon as possible.**

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① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

An answer phone is available out of hours.

## Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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