

## Discharge Information - MINOR HEAD INJURY

### You have had a minor head injury (sometimes called concussion)

The doctors have seen you, and have found no serious injury. We now think it is safe for you to go home.

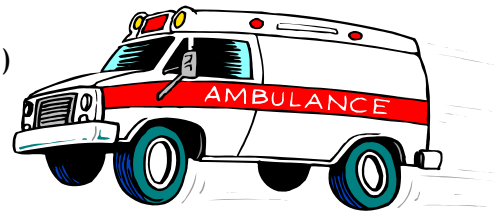
In the next 24 hours most people get better, but some problems can occur.

Although serious problems are rare, someone should stay with you in the next 24 hours to watch and help you.

It is safe to go to sleep. Friends or family could wake you once the first night to check you.

### Danger Signs - Return to hospital or call an ambulance if you or your friends and family notice:

- Seems very sleepy or difficult to wake
- Confusion (don't know where you are or get things mixed up)
- Fits (falling down and shaking).
- Bad headache not helped by paracetamol (Panadol).
- Vomiting (being sick).
- Cannot see as well as usual.



**Dial 111 for an ambulance**

### Milder problems

- Mild headache can occur, but paracetamol (Panadol) usually helps.
- Feeling dizzy, cannot remember things, or cannot concentrate for long.
- Feeling tired, feeling easily annoyed or poor sleep.

These problems usually get better without any treatment.

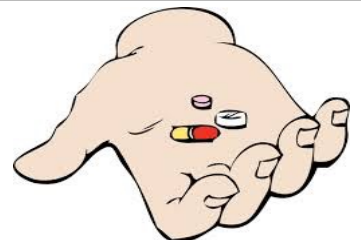
**If you get worse or you are worried, see a GP (family doctor) for a check.**

**If the milder problems do not get better after two weeks, see your family doctor.**

## WHAT YOU CAN DO TO HELP YOURSELF

### Medication and drugs

- DO take paracetamol (Panadol) for headache.
- DO take your usual pills.
- DO NOT take sleeping pills unless your doctor says you can.
- DO NOT drink any alcohol until you are better.



## Sport

DO start mild exercise when you feel better.

DO NOT play any sport where you could injure your head for at least three weeks. Check with your doctor or coach before you play again. If this is your second head injury this season, your doctor may well tell you to stop sport for the rest of the season.



## Work & school

DO take a few days off work or school if you have some of the milder problems. See your family doctor for a check if you need further time off.



## Driving

DO NOT drive for at least 24 hours.



## Rest

DO have plenty of rest. Eat and drink as usual.



## Where to get advice or information?

- Your family doctor
- After hours medical service
- Healthline: 0800 611 116