

Head injury – Adult

After a head injury you need to stay with a responsible adult for at least 24 hours in case you become more unwell. You should give them this leaflet to read.

After a minor head injury some people find that they have problems concentrating, feel very tired, and suffer with headaches, nausea (feeling sick) and dizziness. For the vast majority of patients these symptoms may last for a few days but for a few unlucky patients they may take weeks to resolve. If you are worried about ongoing symptoms you should see your GP for advice.

You should:

- Rest for a few days
- Avoid alcohol, sedatives or recreational drugs for a few days
- Take regular paracetamol or ibuprofen to the required amount for your age
(See pack for details)
- Sleep if you are tired

Please go to the Emergency Department if:

- You are vomiting many times
- The headaches become severe despite painkillers
- You have a fit or a funny turn
- You have severe balance problems or problems with your vision

For the person looking after you:

Please take the patient to the Emergency Department if there is increasing drowsiness or confusion.