

MINOR HEAD INJURY (Adult)

PATIENT & CARER INFORMATION LEAFLET

Please take the time to read this leaflet and keep it in a safe place



YOU HAVE BEEN ASSESSED by the paramedic following your head injury and at this point in time do not need to attend the hospital. You are unlikely to have any further problems. However, If you are affected by any of the following you will need to get someone to take you to the nearest Accident and Emergency Department as soon as possible. This may mean calling **999** and asking for an ambulance response.

- Unconsciousness, or lack of full consciousness (for example, problems keeping eyes open)
- Confusion (not knowing where you are, getting things muddled up)
- Drowsiness (feeling sleepy) that goes on for longer than one hour when you would normally be wide awake
- Problems understanding or speaking
- Loss of balance or problems walking
- Weakness in one or both arms or legs
- Any problems with your eyesight
- Very painful headache that won't go away
- Vomiting – getting sick
- Any fits (collapsing or passing out suddenly)
- Clear fluid coming out of your ear or nose
- Bleeding from one or both ears
- New deafness in one or both ears

DO NOT be left on your own for at least 48 hours following your accident.

DO make sure you stay in easy reach of a telephone and medical help.

SOME EXTRA ADVICE TO HELP YOU GET WELL

Following this advice will assist in your recovery from your head injury. It may assist in stopping some of the symptoms from happening.

- **DO** have plenty of rest and avoid stressful and noisy situations.
- **DO NOT** take any alcohol or drugs.
- **DO NOT** take sleeping pills, sedatives or tranquillisers unless discussed with your doctor following the accident.
- **DO NOT** play any contact sport (for example, football or squash) for at least three weeks without talking to your doctor first.
- **DO NOT** drive or use dangerous machinery unless you feel you have completely recovered
- **DO NOT** return to your normal school, college or work activity until you feel you have completely recovered.

THINGS YOU SHOULD NOT WORRY ABOUT

You may feel some other symptoms over the next few days which should disappear in the next 2 weeks.

These include:

- A mild headache
- Mild dizziness
- Memory problems
- Poor concentration
- Irritability or being easily annoyed
- Tiredness; and
- Poor sleep

If you have any of these symptoms, do not worry because they should clear up in time without any treatment. If you are very concerned about any of these symptoms in the first few days following your injury, you should go and see your own doctor about them.

If these problems do not go away after two weeks, you should see your own doctor.

WHO TO CONTACT

If your condition gets worse in any way contact one of the following...

999

Dial 999 or 112 and ask the operator for an ambulance response if anyone:

- Passes out
- Becomes very confused
- Has clear fluid / blood coming out of their ears or nose

Always call an ambulance if you think the patient's illness or injury is life threatening. If you are at all unsure, call 999.

Your Doctor

During normal surgery hours contact your doctor.

NHS24

When your GP practice is closed and you can't wait until it opens call NHS24 on 08454 24 24 24.

When you need reliable information about illnesses and conditions, NHS Services and current health issues call 0800 22 44 88 or visit www.NHS24.com

YOUR VIEWS ARE IMPORTANT TO US

Let us know how we can improve the service.
We need you to tell us about your experiences, good or bad,
and how you would like to see our services improved.

Have an opinion or suggestion? Let us know...

Tel: 0131 4467000

Fax: 0131 4467001

Email: scotamb.corporateaffairs@nhs.net

Write to: Scottish Ambulance Service, Corporate Affairs Manager,
Tipperlinn Road, Edinburgh EH10 5UU

This leaflet can be made available in other languages and formats on request. On occasions a summary will be provided. Please contact the corporate affairs team via email or the telephone number above who will then deal with your request.

To download a copy of this leaflet visit:
www.scottishambulance.com

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