



---

# Head Injury Advice

You have been examined following a suspected head injury and the Health Care Professional feels it is safe for you to go home.

We have explained symptoms that you may have and some others to watch out for. You may feel tired, dizzy or sickly after your suspected head injury.

This is likely to settle within a few days but it may take longer (see “**When to Ask for More Help**”).

### Headaches

If you have a headache it is safe to take 2 tablets of paracetamol every 4 to 6 hours.

**Do not take more than 8 paracetamol tablets within a 24 hour period.**

Headaches after the first week are unlikely to be dangerous, but you should report them to your Doctor/GP if they persist.

**Go to your Accident & Emergency Department promptly if you have:**

- Bad headache which is not relieved by pain killers
- Double or altered vision
- Repeated nausea or vomiting
- Convulsions (fits)
- Confusion or drowsiness

**These are signs of possible danger and in some cases may occur several days after the suspected head injury occurred.**

If you are unsure about any other symptoms please contact your Doctor/GP.

**Complications are not always obvious following a head injury.**

- You should stay with a responsible adult for the next 48 hours.
- Give that person the Advice to Responsible Adult leaflet that has been given to you. That leaflet will give them advice about looking after you during this time.

**Tips to Recovery after a Head Injury**

- ✓ Stay within easy reach of a telephone and medical help
- ✓ Have plenty of rest
- ✓ Avoid stressful situations
- ✗ **DO NOT** take any alcohol or drugs
- ✗ **DO NOT** take sleeping tablets, sedatives or tranquilisers, unless they are given by a doctor
- ✗ **DO NOT** play any contact sport (e.g. football) for at least 3 weeks without taking advice from your doctor first
- ✗ **DO NOT** return to your normal school, college or work activity until you feel you have completely recovered
- ✗ **DO NOT** drive a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered

**Adapted from Guidance of the Faculty of Forensic and Legal Medicine**

**Our sincere thanks go to the Faculty of Forensic and Legal Medicine for permission to adapt their current guidance.**



---

A MITIE COMPANY