



Head Injury, Adult

You have had a head injury that does not appear serious at this time. A concussion is a state of changed mental ability, usually from a blow to the head. You should take clear liquids for the rest of the day and then resume your regular diet. You should not take sedatives or alcoholic beverages for as long as directed by your healthcare provider. After injuries such as yours, most problems occur within the first 24 hours.

Symptoms that are common with a concussion and should stop within 7-10 days include:

- > Memory difficulties.
- > Dizziness.
- > Headaches.
- > Double vision.
- > Hearing difficulties.
- > Depression.
- > Tiredness.
- > Weakness.
- > Difficulty with concentration.

If you experience any of these problems, you should not be alarmed. Many patients with head injuries frequently experience such symptoms. Usually, these problems disappear without medical care. See your healthcare provider if symptoms are becoming worse rather than better.

HOME CARE INSTRUCTIONS

- > During the next 24 hours you must stay with someone who can watch you for the warning signs listed below.

SEEK IMMEDIATE MEDICAL CARE IF:

- > There is confusion or drowsiness.
- > You cannot awaken the injured person.
- > Continued nausea and vomiting.
- > You notice dizziness or unsteadiness which is getting worse, or inability to walk.
- > You have convulsions or unconsciousness.
- > You experience severe, persistent headaches not relieved by over-the-counter or prescription medicines for pain. (Do not take aspirin as this impairs clotting abilities). Take other pain medications only as directed.
- > You cannot use arms or legs normally.
- > There is clear or bloody discharge from the nose or ears.

Call 911 if the patient has a seizure, is unconscious, or you are unable to wake him or her up.

For more information visit:

Ontario Brain Injury Association (OBIA) website: <http://obia.ca/>

OBIA Adult Concussion Resource:

http://obia.ca/wp-content/uploads/2015/06/Concussion-resource_web.pdf

This general advice cannot cover all possible problems. If there is concern, please contact your physician, healthcare provider or the Emergency Department without delay.