



Adult Head Injury

You suffered a minor head injury on _____

You may feel unwell for a few days

Make sure you have someone to keep an eye on you

You should rest for a few days

Symptoms you may have following a minor head injury



headache



drowsiness

Irritability and memory disturbance



You should seek advice if you have any of the following



vomiting



headache



shaking



lack of concentration



eye problems

When caring for someone following a minor head injury you should get immediate medical advice if the above symptoms appear or if you become concerned.

General Management and Advice



Talk to your care team for treatment options.

You have been advised about the use of pain relief such as Paracetamol



You should take pain relief as advised

_____ over the next few days

Alcohol and sleeping tablets **SHOULD NOT** be taken over the next few days

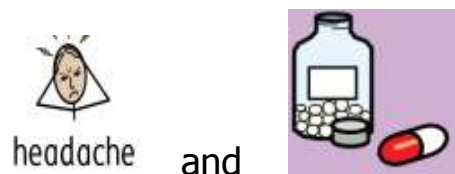


NO alcohol

After a minor head injury you may feel strange for a few days

Persistent headaches and tiredness can occur

If headache becomes worse and pain relief **IS NOT** working after a few days see your GP



You have been assessed by:

Name of practitioner:

Job Title:

Date: