

Head injury | Concussion

You have been examined / admitted for a mild head injury / concussion. We have not found signs of a severe head injury. Because of this we find it safe to let you leave the hospital. This is general information about some issues that may arise after discharge / survey.

CAN I GET SERIOUS COMPLICATIONS?

Acute complications are rare, but if you get any of these symptoms, contact the hospital immediately.

- ▶ Increasing severe headache
- ▶ Repeated episodes of nausea / vomiting
- ▶ Impaired consciousness (difficult to arouse)
- ▶ Confusion

WHAT PROBLEMS AND SYMPTOMS ARE NORMAL?

Moderate head injury may cause transient symptoms such as:

- ▶ Moderate headache
- ▶ Nausea/vomiting
- ▶ Dizziness/unsteadiness
- ▶ Impaired memory
- ▶ Poor concentration

These symptoms are common during the first days after the injury. Usually they will disappear by themselves, but some may have these symptoms for several weeks or months.

WHAT SHOULD YOU DO NOW?

Do not be alone the first day, and you shall be awakened twice during the first night, to be sure you wake up and have normal reactions. We recommend that you restrict these activities, until you feel well:

- ▶ Use of mobile, tablet/ipad, data and TV
- ▶ Alcohol
- ▶ Sports activities that involve risk of new head injuries (such as soccer and skiing) and greater physical effort.

If you have headache, you can use non-prescription pain relievers (eg. paracetamol). It is possible that you need to be away from work / school in a few days. This depends on what kind of work you have / school you go to and what bothers you.

IS IT NECESSARY TO CONTACT THE DOCTOR AGAIN?

If you've followed the advice and still have persistent symptoms, consult your own doctor for further advice.

March 2020