Appendix

**Advice for a patient allowed home from**

**A&E after a head injury**

**HOSPITAL NAME**

ADDRESS 1

ADDRESS 2

TOWN

T: 098 765 1234

F: 098 765 2345

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SEEN BY DOCTOR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SEEN ON DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**General Advice**

We think it is all right for you to leave hospital now. When you get home you are unlikely to have further problems. If though you are affected by any of the following come back and see us as soon as possible. If it is easier, get someone to take you to your nearest hospital emergency department as soon as possible.

* unconscious, or lack of full consciousness (for example, problems keeping eyes open).
* any confusion (not knowing where you are, getting things muddled up).
* any drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake.
* any problems understanding or speaking.
* any loss of balance or problems walking.
* any weakness in one or both arms or legs.
* any problems with your eyesight.
* very painful headache that will not go away.
* any nausea - feeling sick.
* any 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.
* any change in sensation.

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**• DO NOT** stay at home alone for the first 48 hours after leaving hospital.

**• DO** make sure you are regularly checked by the person caring for you. This means for example that you can be roused from sleep, you are not confused or behaving oddly.

**• DO** make sure you stay within easy reach of a telephone and medical help.

**Some extra advice to help you get well:**

Following this advice will help you to recover from your head injury more quickly, and may stop 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,pain killers or tranquillisers unless they are given by a doctor.
* **DO NOT** play any contact sport (e.g. 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 recovered.

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**Things you should NOT worry about**

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

* mild headache
* feeling sick (**with no**vomiting)
* dizziness
* memory problems
* poor concentration
* irritability or being easily annoyed (problems at home, social difficulties)
* tiredness
* poor sleep.

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

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

**You can also contact:**

**HEAD INJURY SERVICE**

**Address Line 1**

**Address Line 1**

**Town**

**Postcode**

**TEL: 123 456 7890**

**EMAIL:** [**xxx@abcdefgh.nhs.uk**](mailto:xxx@abcdefgh.nhs.uk)

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