



## HEAD INJURY INFORMATION SHEET

### INSTRUCTIONS:

1. After a head injury a patient may expect mild headache, nausea, occasional vomiting, drowsiness, and/or irritability. These symptoms normally last for several days. Most head injury complications will develop gradually allowing time for medical intervention.
2. Treatment of head injuries includes rest, ice packs, and non-narcotic analgesics (i.e. acetaminophen, aspirin, ibuprofen, etc.). The patient should rest as much as possible, sleep with head slightly raised and take medications as directed. Initially, even non-strenuous activity such as reading, school or work may make symptoms of headache and dizziness worse.
3. No evidence of serious injury has been found at this time, but careful attention for the next 24-48 hours is advised.
4. Patient should go to the emergency department immediately if any of the following signs occur:
  - Abnormal increase in sleepiness or difficulty in arousing the patient
  - Projectile vomiting. Occasional mild vomiting may normally occur.
  - Continued or increased severe headache
  - Convulsions, confusion, or disorientation
  - Watch children for increased fussiness, crying, restlessness and irritability
5. Call your physician immediately or go to the emergency department if any of the following occur:
  - Double vision
  - Stiff neck and fever
  - Unequal pupils (one pupil larger than the other)
  - Weakness or loss of sensation
  - Slurred speech
  - Anything abnormal that worries you