

HEAD INJURY

In the treatment of head injury, it is very important that a responsible person stay with you and watch for the appearance of possibly serious signs or symptoms, over the next 48 hours. It is not uncommon for you to become sleepy after a head injury, or to vomit once or twice. Occasionally, symptoms occur late, which indicate the need for further evaluation.

The following are signs and symptoms that may indicate a more serious injury. Should any of these develop, contact your physician.

Signs and Symptoms

- Confusion or inability to remember things
- Restlessness, weakness and/or numbness
- Inability to awaken or arouse the patient
- Persistent nausea or vomiting (only clear liquids should be taken if nausea is present)
- Persistent or worsening severe headache for more than 48 hours
- Blurred or double vision
- Inability to move arms or legs equally well on both sides of the body
- Unequal pupil size (black part of eye)
- Convulsions or seizure (uncontrollable twitching)
- Temperature that is higher than 100°F or 37.8°C
- Changes in respiration or difficulty breathing
- Drainage of blood or fluid from nose or mouth

Self Care

- For relief of mild headache, take Tylenol as directed.
- Unless prescribed by physician, no other medications should be taken.
- Ice bag should be applied to injured area.
- You may have a liquid or very light diet for the first 24 hours.
- Refrain from any sedatives or alcoholic beverages.
- Limit activity for 24 hours.

Contact your physician if you have any questions or problems.