

Emergency Department

# Head Injury in Adults

## Advice for Your Return Home



You have suffered a head injury. This document provides information about the measures and monitoring to follow after leaving the hospital.

## What happened?

You experienced a head injury or concussion. Your examination is reassuring and no signs of seriousness have been found.

- ☐ A brain CT scan was not considered necessary based on your accident and clinical examination.
- ☐ A brain CT scan was performed and showed no lesions caused by your injury.

**You may go home, but you must take certain precautions.**

## Recommendations to follow

Following precautions must be followed to prevent complications:

- ▲ Rest.
- ▲ Drink water and eat normally.
- ▲ Do not take sleeping pills or painkillers other than paracetamol unless advised by your doctor.
- ▲ Avoid alcohol and drugs for at least 3 days.
- ▲ Gradually resume your usual activities over the coming days.
- ▲ Minimize screen time as much as possible.
- ▲ Do not play sports while symptoms persist.
- ▲ Do not engage in activities with a high risk of head injury.

## Warning signs

Complications after a head injury are rare but must be identified in time. Among them, although very rare, intracranial bleeding is a very serious risk. It usually appears within 24 hours after the accident.

## Alarming symptoms

Call 144 immediately if you notice any of the following symptoms:

- ▲ Severe drowsiness
- ▲ Headache that worsens rapidly
- ▲ Repeated nausea and vomiting
- ▲ Seizures
- ▲ Numbness or decreased strength or sensation in a limb
- ▲ Difficulty speaking, confusion, or abnormal behavior
- ▲ Vision or hearing problems
- ▲ Balance disorders

## Common and normal symptoms

These usually disappear after a few days to a few weeks.

- ▲ Fatigue
- ▲ Mild headaches
- ▲ Dizziness
- ▲ Memory problems
- ▲ Sleepiness
- ▲ Irritability
- ▲ Nervousness
- ▲ Sensitivity to noise and light



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