

Head injury

Thank you for choosing to be treated at BNE.

Your doctor is satisfied that you are well enough to go home. This information sheet will provide you with additional information to assist you with further recovery.

Warning signs

Please return to the **BNE** if you experience any of the following:

- Worsening headache that is not relieved by paracetamol
- Persistent vomiting
- Confusion, irritable, irrational or unusual behaviour, restlessness or agitation
- Drowsiness or difficulty waking or staying awake
- Seizures or spasms in face, arms or legs
- Stumbling or difficulty walking
- Slurred or unintelligible speech or dramatic personality change
- Double vision or any new vision disturbance
- Unexplained loss of blood or fluid from ear or nose.

Please call us or return to **BNE** if you have any concerns.

Alternatively, your GP will have received information regarding your visit to **BNE** and can address any concerns you may have.

What is head injury?

Head injury is any knock to the head that causes lumps, bruises, cuts or more severe injuries to the head.

Usually the injury is not serious but some (very rare) result in the injury to the brain.

Symptoms

- Mild to moderate headache.
- Nausea.

This is a normal occurrence within 24 hours after injury.

Treatment

- Simple analgesia such as paracetamol every 4 hours as required.
- Apply cold ice pack over the injured area.

How to manage the pain

- Have a responsible adult with you for the first 24 hours who can monitor you for warning signs.
- Avoid alcohol, driving or operating heavy machinery until the symptoms have resolved.
- Eat and drink as usual.
- Adequate rest until the symptoms start resolving.



Please come back to see us for your follow-up care and treatment.

627 Rode Road Chermside

Located between The Prince Charles and St Vincent's Private Hospital Northside.