

Mild Head Injury Discharge Information

Summary Points to Remember

- A mild head injury is caused by a knock to the head
- Ensure you are with a responsible adult over the next 24 hours
- Return to hospital if your condition worsens

What is a mild head injury?

The brain is very soft and is protected by the hard bony skull. When there is a knock to the head, it causes the brain to move inside the skull. This can cause the brain to bruise or bleed. The person may “black out” or have a short period of unconsciousness, this is a mild brain or head injury.

What are mild head injury symptoms?

A knock to the head can cause a number of symptoms. These may be different for each person and will depend on how hard the knock to the head was. You may experience one or more of the following symptoms, these can last from a few hours up to several weeks.

- Mild headaches
- Confused or groggy
- Feeling bothered by noise or bright light
- Feeling very tired and/ or trouble sleeping
- Having difficulty planning or organizing your daily jobs
- Trouble with attention, concentration and memory
- Personality or behavior changes



These symptoms may not have caused you any concern whilst in hospital or you may not have noticed them. However when you return home, you may notice that they affect your everyday activities. These can include home duties, shopping, banking, driving, and return to work/study and even your relationships. For most people these symptoms will get better with a good amount of rest and by keeping a routine.

Going home

It is important to have someone stay with you for at least 24 hours after discharge. This person can monitor your symptoms and look for warning signs that you are getting worse.

It is important that you

	<ul style="list-style-type: none">• Avoid another knock to the head (for example do not climb ladders or work on roof, horse riding, cycling where you may fall)
	<ul style="list-style-type: none">• Do not use alcohol or drugs (other than those prescribed by a doctor) in the next 48 hour as these can mask the signs of deterioration

	<ul style="list-style-type: none"> • Avoid any strenuous activities and /or contact sports (such as football/rugby, basketball) until advised by your doctor
	<ul style="list-style-type: none"> • Do not drive for at least 48 hours or until approved by your doctor. Your reaction times and thinking could be slower while you recover, putting you at risk of further injury
	<ul style="list-style-type: none"> • Only return to work or school when you have fully recovered and your symptoms have gone for at least a week.

Return to hospital if

You experience any of the following symptoms which may indicate your condition is worsening

- Fainting or blackout, you can't be woken up
- Acting strange, different than usual
- Seizures (fits) any jerky movement of the body
- Severe or worsening headaches
- Vomiting more than once
- Blurred vision or strange speech
- Cannot move parts of your body

Most people fully recover and have no long term effects from the injuries. However, if you do have ongoing symptoms after 4 weeks

- Discuss the concerns with your GP
- If you have had surgery on your brain, you should contact your surgeon

Contact:

Trauma Clinical Nurse Consultant
Mobile: 0437 276 746

Notes:



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