

Mild Head Injury Discharge Information

Summary Points to Remember

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

What is a mild head injury?

The brain is very soft and is protected by the skull. When there is a knock to the head, it causes the brain to move inside the skull. This movement can cause the brain to be injured and the person to “black out” or have a short period of unconsciousness, this is a mild brain or head injury or also known as concussion.



What are mild head injury symptoms?

A knock or blow to the head can cause a number of symptoms, these vary dependent on how hard the knock was and from person to person. 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 organising 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. But when you return home, you may notice that they affect your everyday activities such as home duties, shopping, banking, driving, and return to work/study and even your relationships. In the majority of people these symptoms will improve with adequate rest and by keeping a routine.

Going home?

It is normal to feel confused or groggy after a knock to the head , therefore 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



- 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



- Avoid any strenuous activities and /or contact sports until advised by your doctor



- Do not drive for at least 48 hour or until approved by your doctor



- Only return to work or school when you have fully recovered and your symptoms have gone for at least a week. This due to your reaction times and thinking being slower while you recover, putting you at risk of further injury



- It is very important to avoid another knock to the head.

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

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

The Staff

of _____

are more than happy to talk to you about any concerns you have

Telephone: 03 9342 7000

Practitioner / Patient notes

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