



Long Lane Surgery Head injury Advice Leaflet

After a head injury you should stay with a responsible adult for at least 24 hours in case you become unwell.

After a minor head injury some people

- find that they have problems concentrating
- feel very tired
- headaches
- nausea (feeling sick)
- dizziness.

For most patients these symptoms last a few days but occasionally may take weeks to resolve. If you are worried give us a call.

You should:

- Rest
- Avoid alcohol, sedatives or recreational drugs
- Take regular paracetamol or ibuprofen
- Sleep if you are tired

Please go straight to the Emergency Department if:

- You are vomiting
- The headaches become severe despite painkillers
- You have a funny turn or a fit
- You have new coordination or balance problems or changes in your vision