



Southport and  
Ormskirk Hospital  
NHS Trust

# **PATIENT INFORMATION**

## **Head Injury**

Accident & Emergency Department

**It is important that you report any new or persistent problems to a health care professional since it is often impossible to recognise and treat all elements of injury or illness in a single visit. Meanwhile, follow the instructions below as indicated for you.**

**Attend your GP practice or your local Accident & Emergency Department if anything listed occurs:-**

- Persistent or worsening headache
- Persistent vomiting
- Stiff neck and fever
- Double vision or blurred vision
- Unequal pupils (one pupil large, one small)
- Confusion or unusual drowsiness
- Convulsions or unconsciousness
- Stumbling or problem with normal use of arms or legs, or areas of skin numbness

**You should have a responsible adult with you for the first 24 hours following a head injury.**

Avoid contact or dangerous sports such as football, rugby, boxing and martial arts, horse riding, strenuous exercise, etc for 4 weeks.

### **Common symptoms following a head injury**

These can last several days or sometimes a few weeks following any head injury. They are not usually serious, but can be troublesome. **The most commonly reported symptoms are listed first:**

- Headache and migraine
- Irritability and loss of drive
- Dizziness
- Restlessness
- Depression, inattention, shakiness, low alcohol tolerance, forgetfulness
- Tiredness
- Sleep disturbance
- Tension
- Poor concentration

If any of the above persist or become severe, consult your GP.

Other instructions \_\_\_\_\_  
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If you are at all concerned, please contact:

**Your own GP**  
**A&E Department**  
**NHS 111**

*Please retain this leaflet for future reference*

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
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**FOR APPOINTMENTS**

Telephone (01695) 656680  
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We would welcome your feedback about your experience  
at Southport and Ormskirk Hospital NHS Trust.  
Please access the Friends and Family Test at the following  
link:

[https://www.southportandormskirk.nhs.uk/patients-and-  
visitors/fft/](https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/)

**Thank you**

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