

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 _____

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
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

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/>

Thank you

Owner: Christina Partington

Ref: 517

Version: 7

Reviewed: March 2023

Next Review: March 2026