Mersey and West Lancashire Teaching Hospitals NHS Trust

Head injury in an adult

Patient information leaflet

If you need this information in a different language or accessible format, please speak to a member of staff who can arrange it for you

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة مُيسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیارییانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

Author: ED Consultants
Department: Emergency Department
Document Number: MWL2006
Version: 002
Review date: 01 / 11 / 2026

What to expect

You have been examined and we feel it is right for you leave hospital. You may experience some of the following symptoms:

- Mild headache.
- Feeling sick (without vomiting).
- Dizziness.
- Irritability or bad temper.
- Problems concentrating or with your memory.
- Tiredness.
- Lack of appetite.
- Problems sleeping.

These symptoms usually disappear within 5 days.

If you are concerned about any of these symptoms in the first few days or if they continue after 5 days, then please contact your GP for advice.

You should not drive until you are able to fully concentrate on the road.

When to return to Emergency Department

If you are affected by any of the following, you are advised to return to the Emergency Department or get someone to take you the to the nearest Emergency Department as soon as possible.

- Recurrent vomiting.
- Very painful headache that will not go away despite pain killers.
- Unconscious or lack of full consciousness (for example problems keeping eyes open).
- Any confusion (not knowing where they are, getting things muddled up).

- Any problems understanding or speaking.
- Any loss of balance or problems walking.
- Any weakness in one or both arms or legs.
- Any problems with eyesight.
- Any fits (collapsing or blacking out suddenly).
- Clear fluid coming out of their ear or nose.
- Bleeding from one or both ears.
- New deafness in one or both ears.

Helping you to recover

If you follow this advice, you should get better more quickly, and it may help any symptoms you have go away.

- Inform a friend or family member of your head injury and stay with somebody for the first 24 hours after the injury.
- Make sure you stay within easy reach of a telephone and medical help.
- Have plenty of rest and avoid stressful situations.
- Avoid alcohol until your symptoms have settled.
- Do not take sleeping tablets or tranquilisers unless they are fully prescribed for you by a doctor.
- Do not do contact sport (for example rugby or football) until 3 weeks after symptoms have settled.
- Do not return to school, college or work until you feel that you have fully recovered.
- Do not drive a car, motorbike or bicycle or operate machinery until you have completely recovered.

If you require further advice or are not sure then please contact your GP or phone 111

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

MWL has a zero-tolerance approach to any form of abuse, violence or aggression shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence or aggression, no matter how big or small, will be investigated and action taken if necessary.

Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshall Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ