Headway is a charity that provides support to patients who have suffered a brain injury and have continuing problems.

The local group is:

Headway Cambridgeshire
Headway House
Brookfields
Mill Road
Cambridge
CB1 3DF
01223 576 550

Monday to Friday 09.00 – 17.00

Email:
Info@headway-cambs.org.uk
www.headway-cambs.org.uk

Reg Charity no: 1062886

Privacy & Dignity

Same sex bays and bathrooms are offered in all wards except critical care and theatre recovery areas where the use of high-tech equipment and/or specialist one to one care is required

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Authors
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Department
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Pharmacist
n/a

Contact no.
01223 217119

Publish/Review date
January 2017/January 2020

Filename
Adult_head_injury

Version no.
2

Reference
PIN3419/30924
This advice must be given to patients and an accompanying adult.

You have had a head injury. You have been given a thorough examination and are now considered fit to be discharged. Some people who have had a minor head injury later develop problems which occasionally can be serious. If you experience any of the following, please contact your nearest Emergency Department.

- A persistent headache that has not improved with simple painkillers for example paracetamol.
- You vomit more than twice.
- You develop double vision
- You have slurred speech

**Additional advice for the accompanying adult**

If you notice any of the following please contact your nearest Emergency Department:

- Increased drowsiness.
- Abnormal or unusual behaviour, such as aggression.
- Fitting.
- Slurred speech.

If you or your relative need further advice, please contact the nursing staff of the Emergency Department on 01223 217119.

**What to expect during recovery.** Often people can feel unwell days after a head injury.

**Common symptoms are:**

- Mild headache
- Dizziness
- Poor concentration or short term memory
- Irritability or being easily annoyed
- Poor sleep and tiredness

If you have any of these symptoms, do not worry because they should clear up in time without any treatment. If you still have symptoms after two weeks, you should see your own GP.

**Do:**

- Rest completely at home for at least 24 hours and have a responsible adult with you during this time.
- Take painkillers suggested by the doctor.

• Take your usual medication but do not take sedatives or tranquillisers.

**Do not:**

- Drive or operate machinery.
- Do any gardening, shopping or carry out DIY or other strenuous activities.
- Drink alcohol.
- Take a bath (a shower is safer) for at least 24 hours.
- Play contact sports for example football, rugby or horse riding for at least three weeks.
- Return to sport or an occupation that involves balance or heights, such as, gymnastics or window cleaning for one week.