Head Injuries, Adult

A common head injury is a concussion. A concussion is a state of changed mental ability. It usually occurs from a blow to the head. Only drink water or clear liquids for the rest of the day. Then you can go back to your regular diet. For 2 days, do not have or take:

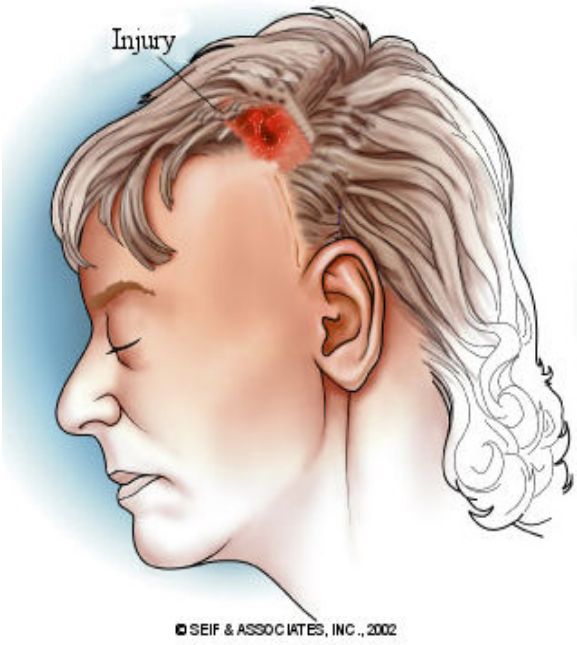
- Alcohol.
- Sedatives.

Most problems occur within the first 24 hours.

YOU MAY HAVE PROBLEMS AT HOME WITH:

- Memory.
- Dizziness.
- Headaches.
- Double vision.
- Hearing.
- Depression.
- Tiredness.
- Weakness.
- Concentration.

If you have these problems, do not be alarmed. A bruise on the brain takes a few days to heal. Usually, these problems go away without medical care. Call your doctor if problems last for more than one day. **See your doctor sooner if problems get worse.**



HOME CARE

- During the next 24 hours stay with someone who can watch you.
- This person should watch you for the problems above.
- This person should wake you up every 2 to 3 hours to check on your condition. **In case of an emergency, or if he or she cannot be awakened, call your local medical emergency services (911 in the U.S.).**
- Only take medicines as told by your doctor.

Side effects may happen for up to 7 to 10 days. Watch for new problems.

GET HELP RIGHT AWAY IF:

- You are confused, dizzy, or unsteady.
- You are sleepy.
- You feel sick to your stomach (*nauseous*).
- You are throwing up (*vomiting*).
- You have trouble walking.
- You have convulsions (*fits* or *seizures*).
- You have very bad, lasting headaches that are not helped by medicine.
- You have changes in the black center (*pupil*) of your eyes.
- You have clear or bloody fluid coming from your nose or ears.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.

- Will get help right away if you are not doing well or get worse.

Document Released: 11/30/2009 Document Re-Released: 03/14/2011
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