

If you require a translation please contact:

Se avete bisogno di una traduzione si prega contattare:

Si usted requiere una traducción de esta información por favor contacte a:

اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

HEAD INJURY

Advice to Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA
Telephone **01784 884488** Facsimile **01784 884017**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ
Telephone **01932 872000** Facsimile **01932 874757**
Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

HEAD INJURIES

After a head injury it is important, in case your head injury worsens, that a responsible person is around for the 24 hours following to keep an eye on you.

Medical help must be sought immediately if any of the following symptoms occur:

- vomiting more than twice.
- a severe headache, which is not relieved with simple painkillers.
- increased drowsiness, lethargy or difficulty in rousing from sleep.
- behavioural changes - typically becoming more aggressive /agitated.
- fits of any severity.

ADVICE AFTER HEAD INJURY

Additionally, it is advisable to rest as far as is possible.

- You should avoid prolonged close work of any kind i.e. watching television, computer work or reading and it is recommended that you do not return to work or undertake active sport (particularly athletics or contact sports) until you feel completely well.
- Also, avoid alcohol while symptoms last.

FURTHER INFORMATION

Additional advice or information may be obtained by contacting Walk-in Centre at Ashford Hospital telephone **01784 884828** or Accident & Emergency, at St. Peter's Hospital telephone **01932 772025**.

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