

# Mild Head Injury After Your Stay in the Hospital

## About Your Injury

You have had a mild head injury. In case any problems do occur, you will need to be watched carefully. Your doctor feels that you can be watched at home however **someone must be with you for the next 24 hours in case you get worse.**

## What is Normal

### Vomiting (throwing-up) two to three times

When you do not vomit for two hours you may drink clear liquids (water, pop, or apple juice). You may try to eat when you keep the fluids down. **No alcohol for 24 hours.**

### Headache

At first these may be often, but should become less often over next few days. You may use **Tylenol®** according to age. No Aspirin® or Aspirin® products, **only Tylenol®.**

### Dizziness

This should be mild and should get better within a few days.

### Sleepiness

You may nap, but whomever is watching you will need to watch for the symptoms in the next list.

## When You Go Home

Your doctor will advise you when you can return to normal activity.

## Return to the Emergency Department if You Have Any of These Symptoms

- Headaches that stays or gets worse even after taking **Tylenol®**. No Aspirin® or Aspirin® products—**only Tylenol®.**
- Trouble answering simple questions (What day is it? What happened to you?).
- Changes in how you act or not knowing your family or friends.
- Stumbling or have other problems walking.
- Arms, legs, or face feels weak.
- Can't see or talk right.
- Blood or fluid from ears or nose.
- New lump on head or lump that gets bigger.
- Fits, seizures (convulsions).
- Pupils (black center of eyes) that are now different sizes from each other..

## Recovery

It takes time to recover from a mild head injury. You or your family may note changes in your:

- Memory
- Understanding
- Emotions
- Ability to do the things you did before the accident
- **Go to Trauma Clinic if you still have these problems after two weeks.**

**Trauma Clinic (814) 877-4577**

