

Mild Head Injury

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) 2-3 times.

When you do not vomit for 2 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 **only Tylenol®** according to age. **No Aspirin® or Aspirin® products.**

Dizziness

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

Sleepiness

You may nap, but whoever is watching you **must wake you up every two hours for the next 24 hours to check for any of the symptoms on 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®, Motrin®, Advil®, Aleve®, Ibuprofen—**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

Go to Trauma Clinic if you still have these problems after two weeks.

Trauma Clinic (814) 877-7054

