



HEAD INJURY INSTRUCTIONS

Aster
HOSPITAL

We'll Treat You Well



Digital Version



HEAD INJURY INSTRUCTIONS

A head injury is any trauma that injures the scalp, skull, or brain. The injury may be only a minor bump on the skull or a serious brain injury. Most of these injuries are minor because the skull protects the brain. However, some injuries are severe enough to require a stay in the hospital. The head injuries can be either closed or open (penetrating). Always see a doctor or nurse if you are concerned about an injury.

See a doctor quickly if any of the following symptoms occur after a head injury

- Drowsiness when you would normally be wide awake
- Worsening headache
- Confusion, strange behaviour, any problems understanding or speaking
- Vomiting
- Loss of use of part of the body. For example, weakness in an arm or leg
- Dizziness, loss of balance or convulsions
- Any visual problems, such as blurring of vision or double vision
- Blood, or clear fluid, leaking from the nose or ear
- New deafness in one or both ears
- Unusual breathing patterns

SOME TIPS AND GENERAL ADVICE

- If possible, do not stay at home alone for the first 48 hours after being assessed for a head injury.
- Show a relative or friend this advice leaflet so they too know what symptoms to look out for.
- Stay within easy reach of a telephone and medical help for the next few days.
- Do not take any alcohol or drugs for the next few days.

- Do not take sleeping tablets or sedatives unless prescribed by a doctor.
- Discuss with your doctor about playing contact sports such as rugby or football. It is often advised that you should not play contact sports for three weeks following a head injury.
- Do not drive, ride a motorbike or bicycle, or operate machinery until you feel completely recovered.



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 asterhospitals.com 📱 📺 📷 📺 asterhospital

DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs