

# Example advice leaflet for patient discharged home after admission

Whenever possible, this leaflet should be given to the responsible adult taking the patient home, as well as to the patient.

## IMPORTANT ADVICE FOR A PATIENT WITH HEAD INJURY WHEN YOU GET HOME

Ward \_\_\_\_\_ Ward telephone number: \_\_\_\_\_

We think that it is okay for you to leave hospital now. We have kept a close eye on you since your head injury, and you seem to be well on the road to recovery. So when you get home you will probably not have any serious symptoms. But if any of the following symptoms do happen, you should return to the hospital or telephone the ward for advice.

### **Important symptoms to look out for:**

- severe headache which is not helped by pain-killers such as paracetamol
- vomiting (being sick)
- confusion (not knowing where you are, getting things muddled up)
- drowsiness (feeling very sleepy all the time)
- a fit (collapsing and feeling a bit out of touch afterwards)
- passing out suddenly
- fluid coming out of your ear or nose
- not seeing as well as usual.

### **Other symptoms**

People who have had a head injury sometimes have other symptoms. You may feel a slight headache, dizziness, memory problems, poor concentration, irritability (being easily annoyed), tiredness, or poor sleep. These symptoms usually clear up after two weeks or so without any treatment, so **do not worry about them**.

**But if these symptoms do not clear up after two weeks, you must go and see your own doctor.**

### **Some extra advice to help you get well:**

Following this advice will help you to recover from your head injury more quickly, and it may stop any symptoms from happening.

- DO have plenty of rest and avoid stressful and noisy situations.
- DO NOT take any alcohol.
- DO NOT take sleeping pills, sedatives or tranquillisers. If in doubt contact your GP
- DO NOT play any contact sport (eg football or squash) for at least three weeks without talking to your doctor first.