

## Home care instructions for head injury patients

---

The purpose of these instructions is to give information about head injury to patients and their families. You have been examined and/or monitored and/or treated in hospital because of a head injury.

### The most common symptoms of head injury

A slight head injury may cause the following temporary symptoms:

- headache
- nausea
- drowsiness
- impaired memory
- weakened ability to concentrate.

These symptoms are common during the first few days following the injury. They will usually disappear by themselves, but mild symptoms may sometimes persist for up to several weeks.

### Treatment and follow-up at home

You must not be left alone after the injury.

Bed rest is not necessary. If you go to sleep during the first 12 hours after the injury, you must be woken up every 1–3 hours to make sure that you wake up normally.

Driving is not allowed for as long as ordered by the doctor.

### Contact a doctor or nurse

You should contact a doctor or nurse if you experience any of the following:

- increased headache or nausea
- decreased level of consciousness, confusion, or difficulty speaking
- slowing down of actions or dizziness
- leg weakness.

### Contact information

If necessary, you can contact your local health centre.

The Wellbeing Services County of Satakunta