



CORNERSTONE MEDICAL CLINIC

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Head Injury

You have suffered a minor head injury. You do not need to go to the hospital but you should have someone with you to check your condition every few hours for the next 24 hours. You may go to sleep, but someone should wake you up several times during the night to make sure you know who and where you are, and that you are able to talk and move around normally.

You should see your doctor or go to the emergency room at once if any of the following symptoms develop over the next few days:

- ~ Severe headaches not helped by pain medication.
- ~ Vomiting more than twice.
- ~ Mental confusion, restlessness or personality changes.
- ~ Increased weakness, sleepiness, blackouts or seizures.
- ~ Loss of balance or trouble with movements or coordination.
- ~ A clear or bloody drainage from the nose or ear.

You should get plenty of rest over the next 2-3 days. Avoid using aspirin or alcohol. Take acetaminophen (Tylenol) as needed for headaches or other pain, unless otherwise directed by your provider.

Head injuries may cause moderate headaches, weakness, dizziness, nausea and depression for up to a week or more after the injury. This post injury state usually get better with bed rest and mild pain medicine. If any of these symptoms last for more than a week you will need further medical attention. Please call your physician or the emergency room if you have any questions or concerns about your head injury.

If you had x-rays , an EKG or lab tests today, they will be reviewed by your physician. You will be contacted at once if other important findings are noted after this review. If you do not continue to improve or if your condition worsens, please call your doctor or the emergency room right away.