**Long-term problems**
Most people recover quickly from their accident and experience no long-term problems. However, some people only develop problems after a few weeks or months.

If you start to feel that things are not quite right (for example, memory problems, not feeling yourself), then please contact your doctor as soon as possible so that he or she can check to make sure you are recovering properly.

**And finally…**
Telephone number to call at the hospital:

**01296 315051**  
(Ward 1, Stoke-Mandeville Hospital)

For more information, visit  
http://www.patient.co.uk/health/Head-Injury-Instructions.htm and  

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**How can I help reduce healthcare associated infections?**

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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**Head injury advice**

**Discharge advice for those aged 12 years or over**

If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042.

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**www.buckshealthcare.nhs.uk**  
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Symptoms you should worry about

We think that it is now all right for you to leave hospital, as you seem well on the road to recovery.

But if you’re affected by any of the following, we suggest you come back or get someone to take you to your nearest Emergency Department immediately:
• unconsciousness, or lack of full consciousness
• confusion (not knowing where you are, getting things muddled up)
• drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake
• problems understanding or speaking
• loss of balance
• weakness in limbs
• problems with your eyesight
• very painful headache that won’t go away
• any vomiting – getting sick
• fits (collapsing or passing out suddenly)
• clear fluid coming out of your ear or nose
• bleeding from one or both ears
• new deafness in one or both ears.

Symptoms you should not worry about

You may feel some other symptoms over the next few days which should disappear in the next 2 weeks.

These include
• mild headache
• feeling sick (without vomiting)
• dizziness
• irritability or bad temper
• problems concentrating or problems with your memory
• tiredness
• lack of appetite
• problems sleeping.

If you feel very concerned about any of these symptoms in the first few days after discharge, you should go and see your own doctor to talk about them.

If these problems do not go away after 2 weeks, you should go and see your doctor.

We would also recommend that you seek a doctor’s opinion about your ability to drive a car or motorbike.

To help you get better and stay safe

• Do not stay at home alone for the first 48 hours after leaving hospital.
• Do make sure you stay within easy reach of a telephone and medical help.
• Do have plenty of rest and avoid stressful situations.
• Avoid any alcohol or drugs.
• Avoid sleeping pills, sedatives or tranquilisers.
• Avoid any contact sport (for example, rugby or football) for at least 3 weeks without talking to your doctor first.
• Avoid returning to your normal school, college or work activity until you feel you have completely recovered.
• Avoid driving a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered.
• Inform you employer (if applicable) of your head injury, as appropriate precautions are considered.