



## HEAD INJURY INSTRUCTION FOR ADULT PATIENT



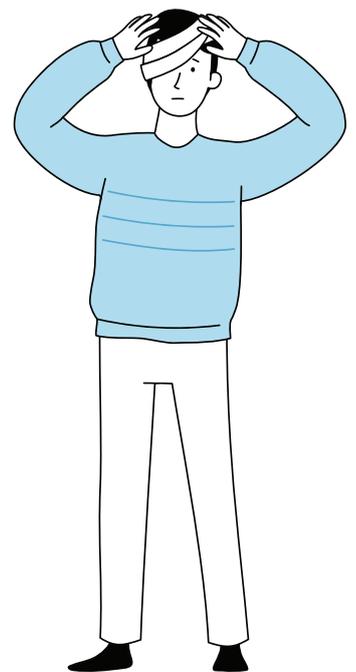
A responsible person must stay with the patient to detect any signs of delayed injury. After any blow to the head, a patient may have symptoms such as mild headache, dizziness, fatigue, nausea, and perhaps an isolated episode of vomiting. Mild symptoms such as these are to be expected, and are not cause for alarm. These symptoms can last several days, and should be treated symptomatically.

### MEASURES YOU SHOULD TAKE TO TREAT YOUR HEAD INJURY:

- ✓ Rest at home! Minimize activity. Allow your body time to recover.
- ✓ A cold pack applied to the injured area off-and-on for the first 48 hours helps relieve discomfort.
- ✓ Pain relief medications prescribed by your Doctor can relieve discomfort associated with a head injury.
- ✓ Eat lightly. Begin with liquids. If liquids are tolerated, advance to soups and soft solids. Drink NON alcoholic beverages.
- ✓ It is perfectly okay to sleep after a head injury. However, the patient must be awakened by the person watching him/her every 1 to 2 hours the first 12 hours after an injury. The helper should make sure the patient responds appropriately to gentle awakening. There is no need to get the patient up and walking about every time he/she is awakened.

✓ Most importantly, watch for any signs of worsening. In general, common sense will alert the patient or the person watching the patient of any significant change. Specific signs to watch for include:

1. Severe headache.
2. Inappropriate drowsiness, however mild Drowsiness or slight dizziness is not unusual.
3. Nausea or vomiting is not uncommon after head injury however if you have more than 3 episodes of vomiting and also, if vomiting comes out like a bullet and that is NOT preceded by “feeling sick”.
4. Seizure, inappropriate behavior (confusion, “just not acting right, increased confusion, forgets or cannot remember new events.”).
5. Markedly stiff neck, fever, bloody or clear drainage from the nose or ears.
6. Numbness in arms or legs, inability to move arms or legs, slurring of speech, or inability to be awakened normally.
7. Eyes should be equal in size and react equally to light. Eyes should move together. If pupils are not equal or eyes act independently, notify your Physician.
8. Any bleeding or fluid discharge from ears or nose.
9. If any of these signs and symptoms occurs, come immediately to the emergency department and make a follow-up appointment with your Physician.



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**Your Physician can follow your progress, and treat or evaluate any persistent symptoms if they occur.**

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