

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

www.livewellsouthwest.co.uk

 Livewell Southwest

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Information & Advice

Adult Head Injury

Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

Introduction

This leaflet is intended for people who have been assessed by a Nurse Practitioner following a head injury (and for their carers), but who have no signs of serious injury and have been discharged home.

Minor head injury and knocks to the head are common. Following the injury, if the person is conscious (awake) and there is no deep cut or severe head damage, it is unusual for there to be any brain damage.

However, sometimes a knock to the head can cause damage to the brain or to a blood vessel next to the brain.

A damaged blood vessel may bleed into the brain or, more commonly, into the area between the brain and the skull (a subdural haemorrhage).

This is uncommon, but can be serious as a build up of blood can cause pressure on the brain.

Tips and general advice

- If at all possible, do not stay at home alone for the first 48 hours after being assessed for a head injury.
- Show a relative or friend this advice leaflet so they also know symptoms to look out for.
- Stay within easy reach of a telephone and medical help for the next few days.
- Do not drink alcohol or use recreational drugs for the next few days.

- Do not take sleeping tablets or sedatives unless prescribed by a doctor.
- It is advisable that you do not play any contact sport for 3 weeks following a head injury. You can discuss this with your GP if you have concerns.
- Do not drive, ride a motorbike or push bike, or operate machinery until you are completely recovered or use hand held console / Wii

Symptoms to be aware of

The following are symptoms which may appear after a head injury. If you experience any of these symptoms you should contact your GP or local Accident & Emergency Department.

Headache: If a severe headache occurs and it is not relieved with simple pain relief.

Blurred vision: If you have problems focusing your vision or start seeing double.

Drowsiness: If you find it difficult to stay awake and lose concentration.

Dizziness / weakness: If you become increasingly dizzy and find it difficult to walk steadily, or notice weakness in any of your limbs.

Nausea / vomiting: It is common to feel or be sick initially but if you are sick more than three times, seek help.

If you experience any of these symptoms you should contact your local Accident & Emergency Department:

Confusion: If you develop any strange behaviour or any problems understanding or speaking.

Convulsions: These are rare but can and do occur after a head injury.

Other symptoms that may occur

Some people develop some mild symptoms after a head injury that are not serious and usually go away within 2 weeks. These include:

- Mild headache
- Difficulty in concentration / memory
- Feeling a bit sick but not being sick
- Tiredness, grumpy or irritable
- Problems sleeping
- Poor appetite

These symptoms may develop just as a reaction to the knock on the head and not due to bleeding or any serious injury. However, if you have any doubt about a symptom following a head injury, it is best to get it checked out by your GP / MIU or A&E department as soon as possible.

Please see your GP if you have not fully recovered after 2 weeks.