

Care of a Head Injury

Any head injury needs close observation for 24-48 hours.

Wake the patient up every 2 hours on the first night of the injury. If he/she does not become alert in the first minute or two, call the nearest Emergency Department.

A **mild** headache can be treated with acetaminophen (e.g. Tylenol plain) dosage as directed on the bottle. Avoid any product containing Aspirin or Ibuprofen as it may interfere with normal blood clotting.

Do not drink alcohol or take any strong pain medication (e.g. Codeine) for 24-48 hours.

Mild nausea can be common after a head injury and it may be advisable to follow a light, soft diet.

If any of the following symptoms occur, take the patient to the nearest Emergency Department at once.

- Persistent or severe nausea or vomiting
- Unequal pupils
- Change in personality (acting “strange”)
- Persistent or severe headache
- Problem with vision, hearing or balance
- Increasing drowsiness or confusion
- Numbness, tingling, or weakness of face, arms, legs