

Patient information

Discharge Advice from the Observation Ward After a Head Injury

Emergency Care – Royal Liverpool Hospital

Following your head injury you were observed for a while on the observation ward. The doctors have now decided to discharge you.

Symptoms such as mild headaches, slight dizziness, nausea, tiredness and difficulty concentrating are very common after a head injury but are expected to gradually settle down over the next two weeks.

- Things that will help you get better more quickly.
- 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.
- Do not take any alcohol or drugs.
- Do not take sleeping pills, sedatives or tranquilisers unless they are prescribed by a doctor.
- Do not play any contact sport (for example, rugby or football) for at least Three weeks without talking to your doctor first.
- Do not return to your normal school, college or work activity until you feel you have completely recovered.
- Do not drive a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered.

If you feel any symptoms are getting worse rather than better you should return to hospital to be reviewed.

We advise you to see your family doctor (GP) if symptoms carry on for more than two weeks.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

The Royal Liverpool Hospital

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