

## Patient information

### Head Injury Important Information for Patients and Carers

#### Emergency Care – Royal Liverpool Hospital

We think that it is all right for you to leave hospital now. We have checked you and you seem well on the road to recovery. When you get home it is very unlikely that you will have further problems.

**But if you are affected by any of the following, we suggest you come back to the nearest hospital emergency department as soon as possible.**

- Unconsciousness, or lack of full consciousness (for example, problems keeping eyes open).
- Any confusion (not knowing where you are, getting things muddled up).
- Any drowsiness (feeling sleepy) that goes on for longer than one hour when you would normally be wide awake.
- Difficulty waking the person up.
- Any problems understanding or speaking.
- Any loss of balance or problems walking.
- Any weakness in one or both arms or legs.
- Any problems with your eyesight.
- Very painful headache that won't go away.
- Any vomiting – getting sick.
- Any 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.

**Please follow this advice, to ensure you don't develop any further problems and it may help any symptoms you have go away.**

- **Do not** stay at home alone for the first 48 hours after leaving.
- **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** drive a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered.

## 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

### Department of Emergency Care

**Tel: 0151 706 2000 Ext 2056/58**

**Text phone number: 18001 0151 706 2000 Ext 2056/58**

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