

# HEAD INJURY INSTRUCTION SHEET

This form is to be given to an adult who accompanies the patient home and can monitor the patient for the appearance of worrisome signs and symptoms.

\_\_\_\_\_ (patient's name) has suffered a mild head injury. Any of the following symptoms would cause serious concern, and we ask that you immediately call or return to the Emergency Room if you find him/her to be exhibiting:

1. Increased sleepiness or confusion (cannot be fully aroused from sleep)
2. Worsening headache
3. Vomiting more than 3 times
4. Stumbling and incoordination
5. Weakness in the arms or legs
6. Unintelligible speech or dramatic personality change
7. Convulsions or "fits"

It is common to experience

1. Low-grade headache
2. Dizziness or lightheadedness
3. Nausea
4. Poor attention and concentration
5. Memory problems
6. Excessive sleepiness and fatigue
7. Low frustration tolerance and irritability
8. Blurred vision or difficulty in focusing vision and intolerance of bright lights
9. Ringing in the ears and intolerance of loud noises
10. Anxiety and depression

Symptoms resolve within 2 weeks in most cases. If these problems persist beyond that time, contact your physician. Neurological evaluation may be needed.

If you think that the symptoms are persistent and you have not been able to obtain satisfactory answers for your problems, contact your State Chapter of the National Head Injury Foundation for further information.