



Head Injury Advice

Information for Patients

Following your assessment in the emergency department, we believe that you can be safely managed at home. It is unlikely you will have any further problems but very occasionally complications can develop.

It is important that

- Someone stays with you for 24 hours after you leave hospital
- You stay within reach of a phone and medical help

If you develop any of the symptoms below, please come back to the emergency department

- Abnormal consciousness or difficulty keeping eyes open
- Feeling sleepy for longer than an hour when you would usually be awake
- Seizures (fits)
- Vomiting
- Problems understanding or speaking
- Loss of balance or problems walking
- Weakness of your arms or legs
- Clear fluid coming out of your ears or nose
- Bleeding from one of both ears
- New changes with your eyesight

Symptoms you shouldn't worry about

People sometimes have symptoms of **concussion** after an injury to their head. Concussion is a mild brain injury. The symptoms can develop straight away, or be delayed by hours or days.

Common symptoms of concussion include

- Mild headache
- Dizziness
- Tiredness or poor sleep
- Difficulty concentrating
- Nausea (feeling sick)
- Memory problems
- Lack of appetite
- Irritability or being easily annoyed

The symptoms above shouldn't worry you and usually settle in a few days without treatment. If you still have any of these after **two weeks** you should see your own doctor.

Things that will help you get better

- **Do** have plenty of rest and avoid stressful situations
- **Do not** drive, cycle or use machinery until your symptoms have resolved
- **Do not** take any alcohol or recreational drugs
- **Do not** take sleeping pills or sedatives unless given by a doctor

Return to normal life after concussion

After a concussion it is important that you return to normal life and sports **gradually**. You only need to follow the advice below if you have symptoms of concussion. You should start with **relative rest for 24-48 hours**. After this, and once your symptoms have settled, use the table below to help you get back to normal life, spending around 24 to 48 hours on each stage. You should only move to the next stage if you have no, or only mild (1-2 on a 10 point scale) symptoms which go away in less than 1 hour.

Stage	Aim	Activity
1	Return to daily activities	Reading, television, games etc. Start with 5-15 minute sessions and gradually increase.
2	Increasing activity	Home-based school or work related activity.
3	Return to study and work	Part-time return to activity at school or workplace.
4	Return to full academic or work activity	Return to full activity.

Return to sport after concussion

Before returning to sport you should limit yourself to everyday activities **without** exercising for 24 to 48 hours, as set out above. This is also stage 1 in the table below.

After this, **if you don't have symptoms or only have mild symptoms which get better in less than 1 hour**, you should move on to the next stages. Each stage (2-6) should take at least 24 hours. If you develop more than mild symptoms, rest for 24 hours and return to the previous stage the next day if you are symptom free. You should only move on to stage 4 once you have no symptoms at rest or on exertion and you must not engage in contact training until you have had no symptoms at rest for 14 days. The **minimum timescale** for return to competitive sport is 21 days for both adults and children.

Stage	Aim	Activity
1	Minimum rest period	Body and brain rest, return to normal life.
2	Light exercise	Walking, light jogging, stationary cycling, swimming. Light resistance training only.
3	Sport-specific exercise	Running drills. No head impact activities.
4	Non-contact training	Harder training drills with increased intensity, co-ordination and attention. No head impacts.
5	Full contact practice	Normal training activities.
6	Return to sport	Normal game play.



HeadOn

HeadOn is a **free, 5-week digital health program** designed to support you with your recovery after concussion. Using cognitive behavioural therapy, it will help you to **monitor, understand and manage** your **post-concussion symptoms**.

To access HeadOn and for more information, scan the QR code on your smart phone or visit the following website: <https://www.headon-health.com>.