

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Head injuries - adults

Emergency Department

King's Mill Hospital

Mansfield Road

Sutton in Ashfield

Notts NG17 4JL

Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road

Newark

Notts NG24 4DE

Telephone: 01636 681681

This factsheet contains information that you and your family or carers may find useful after your head injury. Please keep it in a safe place in case you need to refer to it later.

You have visited the hospital following a head injury.

While in hospital you may have undergone a CT scan of your head if it was indicated, or you may have completed a period of observations.

Now you are being discharged back to your place of residence, We hope that the information in this leaflet may help you manage your head injury and access the appropriate services depending on your symptoms.

If you develop any of the following symptoms, please return to hospital or seek urgent medical help;

1. Unconsciousness, deterioration in conscious level or increased drowsiness (for example, problems keeping eyes open or being hard to wake).
2. New or increased confusion (not knowing where you are, getting things muddled up).
3. New or worsening problems with swallowing, speaking, eyesight or eyelid closure, hearing or facial movement,
4. Loss of balance or new problems standing or walking with new weakness in one or both arms or legs.
5. Very painful headaches that will not go away.
6. Repeated vomiting (being sick).
7. Fits or seizures (collapsing or passing out suddenly).
8. Clear fluid coming out of your ears or nose, which has developed since leaving hospital.
9. Bleeding from one or both ears, or new deafness.
10. Bruising behind any of your ears or under both your eyes.

Returning to normal activities and driving

If you have not been given specific advice regarding return to driving, we would recommend you contact the DVLA before you drive a car, motorbike or ride a bicycle on the road. Only consider these activities once you feel you have completely recovered from your head injury.

Depending on the extent of your injury, you will need to check with the relevant medical teams as to when it would be safe to return to heavy physical activity or contact sports.

Air travel

Some people may find that flying makes their symptoms worse. If you intend to fly within three months of your injury, check with your doctor or the head injury specialist nurses, especially if you have suffered seizures, bleeding within the brain or a skull fracture.

Long-term problems

Most patients recover quickly from their head injury and experience no long-term problems. However, some people may go on to experience delayed complications.

If you find you are experiencing difficulties, such as problems with your thinking, memory and concentration or changes in your mood, then please see your GP on the earliest opportunity.