
Patient Information

Head Injury: The First 24 Hours

Your Clinic Name

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Your City, State ZIP

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Your Logo

Head Injury – The First 24 Hours

Hitting your head can be quite painful. Luckily, most head injuries are not serious.

The function of the skull is to protect the brain. It is quite hard, and usually does a good job of protecting the brain from injury.

Head injuries rarely cause brain injuries. Rather, hitting your head usually causes swelling (a “goose egg”), pain in the area hit, and perhaps a cut. These problems are easy to treat.

What Is A Concussion?

A concussion is a bruised brain. They are fairly rare. It takes quite a lot of force and jarring to cause a concussion. If your doctor is concerned about an injured brain, a potentially serious injury, then you will have to be watched more closely.

Sometimes the symptoms of a concussion don't appear right away. That's why your doctor may advise that you be watched closely for the next 24-48 hours.

Treatment You Can Do

- Apply cold compresses to the injured area for 10-15 minutes every 2-3 hours while awake. Don't put

ice directly against your skin.

- Eat lightly for a day or so. Drink plenty of liquids (avoid alcohol).
- The only pain medicine you should use is acetaminophen (Tylenol) unless your doctor has given you something else.
- Take it easy for the first 24 hours after the injury.

What You Should Do

You should not be alone for the next 24 hours. Someone should wake you every 60-90 minutes and ask you your name, the name of the person who awoke you, and where you are.

If you can't be awakened or, once awake, if you can't answer the questions properly, then have the person with you call your doctor's office. If the office is closed then you should go to the emergency room.

Signs of Worsen Status

The following changes mean you need to be seen by doctor right away:

- Unusual drowsiness, sleepiness, or difficulty awakening
- Vomiting more than once or twice after the first few hours

- Persistent or increasingly severe headache unrelieved by acetaminophen (Tylenol)
- Pupil of one eye bigger than of the other eye
- Trouble thinking, seeing, hearing, or speaking
- Confusion
- Increasing irritability or personality changes
- Persistent dizziness
- Staggering
- Convulsions or fits
- Weakness of arms or legs
- Fever over 100 degrees

Final Thoughts

All of us at the **Centers for Occupational Health** want to help you recover from your injury as quickly as possible. We want you to understand your injury, our treatments, the medicines we prescribe, and the steps you can take to help the healing process.

Please call us if you have any questions about any aspect of your treatment.