

## HEAD INJURY WARNING DISCHARGE INSTRUCTIONS

We have found no evidence to indicate that your head injury was serious. However, new symptoms and unexpected complications can develop hours or even days after the injury. The first 24 hours are the most important and you should be watched by someone else during this period. Do not attempt to operate a motor vehicle or take a bath alone during this time. If any of the following signs develop, either call your doctor immediately or have someone bring you right back to the emergency room:

1. Drowsiness or increasing difficulty in awakening patient (you should be woken up every 4 hours during your first night's sleep after the injury)
2. Nausea or vomiting
3. Convulsions, seizures or fits
4. Bleeding or watery drainage from the nose or ears
5. Severe headaches
6. Weakness or loss of feeling in the arm or leg
7. Confusion or strange behavior
8. One pupil (black part of the eye) much larger than the other; peculiar movements of the eyes, double vision, or other visual disturbances
9. A very slow or very rapid heart rate, or an unusual pattern of breathing

If there is swelling at the site of the injury, apply an ice pack, making sure that there is a cloth or towel between the ice pack and the skin. Keep the ice on for 20 minutes and then take it off for 20 minutes, then repeat. If the swelling continues to increase even though you have applied the ice pack, you may need to come back to the hospital for an additional evaluation.

You may eat and drink as usual if you so desire. Take it easy, though. First, start with clear liquids (Jello®, juices, Gatorade®); then move on to broths (chicken noodle soup, matza ball soup, etc...); and then you can try some light sandwiches. You should NOT drink alcoholic beverages for at least 3 days after your injury.

Do not take any sedatives or any pain relievers stronger than acetaminophen (Tylenol®) at least for the first 24 hours. Do NOT use medicine containing aspirin. Do NOT take any sleep aids (Ambien®, Benadryl®, etc...)

If you have further questions you may call the main number of the hospital and ask for the emergency room; or if there are serious concerns, please come back for another evaluation. You can either have someone bring you or call 911.