



Urgent care

# Adult head injury advice

## It is normal after a head injury to experience the following:

- Slight headache. It is safe to take paracetamol for this, providing you do not exceed the recommended daily dose.
- Increased tiredness.
- Difficulty concentrating. You should not drive a motor vehicle or operate machinery for at least 24 hours after your head injury. It is also advised that you do not work on a computer or play computer games until your condition improves.
- Nausea or decreased appetite. Avoid alcohol and drink clear fluids while symptoms persist.

If you develop any of the following symptoms, you must attend your local accident and emergency (A&E) department at the John Radcliffe Hospital in Oxford or the Royal Berkshire Hospital in Reading:

- Severe sleepiness or difficulty being roused from sleep.
- If you vomit after being discharged from the minor injury unit (MIU).
- An increasing or persistent headache that does not resolve after taking paracetamol.
- Any visual disturbance.
- If you have a spasm or fit.
- Dizziness or lack of co-ordination.
- Discharge or bleeding from your nose or ears.

# Individual management plan

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# Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

For further advice please contact:

Abingdon Minor Injury Unit	01865 903 476
Henley Minor Injury Unit	01865 903 755
Witney Minor Injury Unit	01865 903 841
Wallingford First Aid Unit	01865 903 471
Bicester First Aid Unit	01865 903 976

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ନି ନମନେ ଆ ମାଡିନି ଧିଉ ଖାସାମା ଅଥବା ଧିଉ ଆକାଶମା ଶିଉଅ, ନି କୃପା କରିନି ଅମନେ ପୁଞ୍ଜି  
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本文本，请与我们联系

ନେବ ବ୍ରହ୍ମାଣ୍ଡ ଡିପ ନାଟକାଳୀ ରିମି ବୁନି ବ୍ରାହ୍ମା ନାଁ ନବଳ ଝିଂସ ଚାଟିଣି ଠେଁ ଡାଁ ବିବଧା ଉବ ଡେ ମାଟୁଁ ଧୁଞ୍ଜି

کر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقہ سے درکار ہیں تو براہ کرم ہماری سہ سے پوچھیں۔۔

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