

# Simple head injury advice

## Patient information sheet

**Note to health professionals:** For a patient diagnosed with a Mild-Severe Traumatic Brain Injury, including concussion please use "Concussion/Mild Traumatic Brain Injury" or "Head Injury" consumer information via the intranet.

This consumer information is for patient/care givers where there has been **no severe mechanism of injury, with no loss of consciousness, a GCS score of 15 and no signs or symptoms of head injury.**

You or your child have received treatment for an injury to the head. If you or your child experience any of the following symptoms, take them to the nearest hospital emergency department immediately.

- Fits/seizures/twitching/convulsions
- Deteriorating or loss of consciousness
- Vomiting more than once
- Severe or persistent headache that is not relieved by paracetamol
- Any new arm or leg weakness/tingling or clumsiness
- Blurred or double vision
- Unusual or confused behaviour (child not acting like themselves as deemed by a parent, including increasing drowsiness, agitation, restlessness)

### At home care

- Allow plenty of rest for the next 24 hours
- Paracetamol (not aspirin) can be given for a headache
- There's no need to be woken or to wake your child during the night unless you have been advised to do so by a doctor/nurse practitioner.

If you have any further questions regarding the above please contact your GP or Health Direct on 1800 022 222.

### For more information

Emergency Department  
Flinders Medical Centre  
Flinders Drive, Bedford Park  
Telephone: 8204 6065

[www.sahealth.sa.gov.au/SALHN](http://www.sahealth.sa.gov.au/SALHN)

Emergency Department  
Noarlunga Hospital  
Alexander Kelly Drive  
Telephone: 8384 9288



This document has been reviewed and endorsed by consumers.