



Head Injury

A head injury may be serious whether or not the person loses consciousness or has visible scalp swelling.

Treatment of a Head Injury

1. Because complications from a head injury may not appear for 24 to 48 hours after the injury, it is important that a responsible person stay with the patient. Watch for and report to the physician any of the following signs or symptoms:

- Blurred vision
- Unusual behavior; mental confusion
- Staggering or loss of balance
- Prolonged vomiting (more than 3 times)
- Noticeable restlessness
- Severe, persistent headache
- Problems moving arms or legs
- Elevated temperature
- Convulsions

2. The patient should rest quietly at home for the next 24 hours. Wake the patient every two (2) hours to check for orientation. For an injured baby, stroke the feet or face to determine reusability. You do not necessarily have to wake them as long as they respond with quick body movements.

3. If nausea or vomiting has occurred, for the first eight (8) hours give only fluids.

The diet may then be progressed as tolerated to regular diet.

4. The patient should not have any alcoholic beverages, sleeping pills, or tranquilizers. The patient may have Tylenol for pain unless directed otherwise by the physician.

5. An ice pack may be placed over the injured area at one or two hour intervals.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL YOUR HEALTHCARE PROVIDER.

**Unity Immediate Care Center
1325 Unity Place
Lafayette, IN 47905
(765) 446-1362**