

Head injuries

Minor head injuries are common in people of all ages and should not result in any permanent damage.



Minor head injuries often cause a bump or bruise. As long as the person is conscious (awake), with no deep cuts, there is unlikely to have been any damage to the brain. Other symptoms of a minor head injury may include:

- Nausea (feeling sick)
- Mild headache
- Tender bruising or mild swelling of the scalp
- Mild dizziness

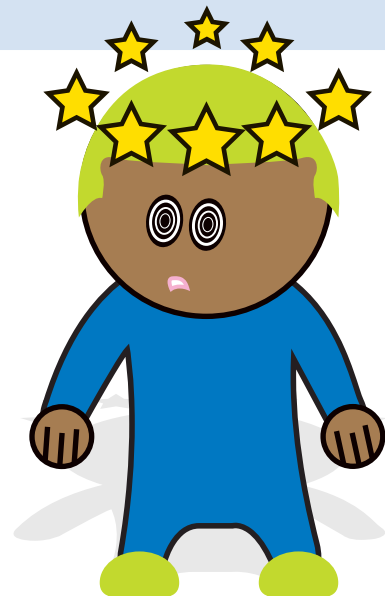
If you experience these mild symptoms after a knock, bump or blow to the head, you do not need medical attention.

Treating a minor head injury

If you have a minor head injury:

- Ask someone to stay with you and keep within easy reach of a telephone and medical help for the first 48 hours after the injury
- Place an ice/cold compress over the bruised area; this may help to reduce swelling (do not put ice directly onto the skin)
- Have plenty of rest and avoid stressful situations
- Do not drink alcohol
- Do not take sleeping pills, sedatives or tranquilisers (unless they are prescribed by your doctor)
- Do not take aspirin (unless it is prescribed by your doctor)


- Take painkillers, like paracetamol, if you have a headache (always follow the manufacturer's instructions)
- Do not play any contact sport, like football or rugby, for at least three weeks, and speak to your doctor before you start playing again
- Do not return to work, college or school until you have completely recovered and feel ready
- Do not drive a car, motorbike or bicycle or operate machinery until you have completely recovered



For more information, help and support go to www.choosewellmanchester.org.uk or visit NHS Choices at www.nhs.uk


Choose the right care

What to do next...



Choose care at home if...

- You have had a bump to the head and feel nauseous, have a mild headache, swelling or dizziness
- These symptoms are normal and should not need medical attention



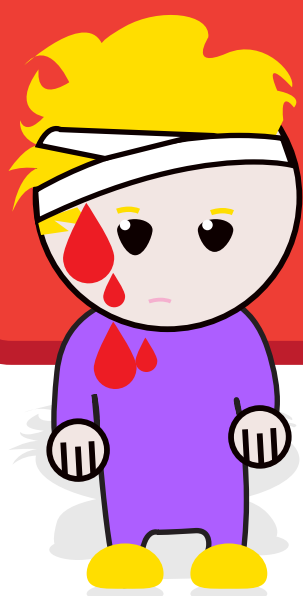
Choose your GP surgery if...

- You are still concerned about symptoms after 3 days
- There are any changes in your level of alertness (drowsy, irritable etc)
- You have any neck or back pain/stiffness
- There is any problem with vision or movements
- There is any unusual sensation or movement
- Bruising develops around the eyes or ears



Call 999 A&E if...

- The person loses consciousness or becomes confused, for example not knowing where they are
- There is a deep cut or any other sign of serious injury
- You have clear fluid leaking from your ear or nose
- You are drowsy (sleepy) when you would usually be awake
- You have problems speaking or understanding other people
- You lose your balance or have difficulty walking
- You lose power in part of the body, for example in an arm or leg
- You develop a new problem with your eyesight
- You have a headache that keeps getting worse
- You have been sick more than once
- You have a seizure (fit), when your body suddenly moves uncontrollably



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