

HEAD INJURY or CONCUSSION ----- WARNING

For at least the next 24 hours,

DO NOT

Do Not Ride a Horse or operate heavy machinery
Do Not Drive a Motor car, Do Not Ride a Motor bike or bicycle,
Avoid excess visual stimulation Do NOT use a computer or electronic devices
Do Not drink Alcohol

DO

Get plenty of rest
Take prescribed medications or Paracetamol for Pain

RETURN to the Accident & Emergency Department IF YOU

Have Severe HEADACHES
Are CONFUSED or Have Difficulty Concentrating
Start VOMITING
Have Blurred or Double VISION
Have excessive DROWSINESS or Have a FIT or CONVULSION

After a Head Injury, it is common to have mild headaches, difficulty with concentration, irritability or dizzy turns. If the above should persist more than a few days, you should visit your own Doctor or return to the Accident & Emergency Department.