

Head Injury Discharge Instructions

You have been diagnosed with a head injury. The symptoms associated with a head injury may vary. This may impact your ability to partake in normal daily activities. It is important you get plenty of rest and do not engage in physically demanding activities until your doctor clears you to do so. The following instructions are guidelines for convalescence.

You should not be left alone. Have a relative or friend stay with you until they feel as though you're back to normal.

Do not drink alcoholic beverages.

Avoid strenuous activities. No heavy lifting, bending, or straining.

Do not drive or operate heavy machinery until your doctor clears you to do so.

Initially you may experience mild headaches, mild depression, difficulty concentrating, or dizziness. You may also experience nausea. These symptoms can last days to weeks.

Call your doctor immediately or return to the emergency department if you are experiencing any of the following:

- Persistent nausea or vomiting.
- Increased confusion, drowsiness or changed in your level of consciousness.
- Increased dizziness, trouble walking or staggering.
- Seizures or convulsions, or weakness in an arm or leg.
- Worsening headache.
- Clear or blood-tinged drainage from your ears or nose.
- Double vision or difficulty with your eyesight.

You should follow up with a head injury program at Hartford Hospital in 3 to 4 weeks. Call 860-545-2842 for a follow-up appointment. In the interim, if you have questions or concerns you can call your doctor at
