Mild brain injury discharge advice (for adults)

You have had a mild brain injury, often called a concussion.

Most people will make a full recovery. You should start to feel better in a few days and be back to normal in a few weeks. In a very small number of cases, serious complications can develop in the first 24 hours after the injury.

Warning signs: the first 24 hours after injury

If you or your carer notices any of these symptoms, see your local doctor immediately, go to the hospital’s emergency department or call triple zero (000):

- feeling faint or drowsy
- cannot be woken up
- acting strangely, saying things that do not make sense
- have a constant severe headache or a headache that gets worse
- cannot remember new events, recognise people or places
- pass out or have a blackout or a seizure
- cannot move parts of your body
- clumsiness
- have blurred vision or slurred speech
- have fluid or bleeding from the ear or nose
- have loss of hearing
- vomiting more than twice

Can I go to sleep?

Yes. It is all right for you to sleep, but you should be in the care of an adult for the first 24 hours. If it is necessary, your doctor may advise that you be woken up and checked.

Common symptoms after a mild brain injury:

If you experience any of these symptoms your doctor can monitor them for you.

<table>
<thead>
<tr>
<th>Physical</th>
<th>Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild headaches (that won’t go away)</td>
<td>Difficulties sleeping</td>
</tr>
<tr>
<td>Feeling dizzy or sick without vomiting (nausea)</td>
<td>Sleeping too much</td>
</tr>
<tr>
<td>More sensitive to noise or light</td>
<td>Not sleeping enough</td>
</tr>
<tr>
<td>Balance problems</td>
<td>Feeling more tired and having no energy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thinking/remembering</th>
<th>Mood/behaviour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulties concentrating or paying attention</td>
<td>Losing your temper</td>
</tr>
<tr>
<td>Memory difficulties or forgetfulness</td>
<td>Getting annoyed easily</td>
</tr>
<tr>
<td>Feeling vague or ‘foggy thinking’</td>
<td>Feeling anxious or stressed</td>
</tr>
<tr>
<td>Difficulty in problem solving and making decisions</td>
<td>More emotional or sad</td>
</tr>
</tbody>
</table>

Remember, most people will make a full recovery within a few days or weeks.

See your doctor if you:

- experience any of the warning signs
- are concerned about any of your symptoms
- want to return to contact sport
- are taking any other medications
- are wondering if you can return to driving or operating machinery
- are concerned about returning to work or study
- have family or friends worried about you.
### The first 4 weeks after injury

**Rest/sleeping**

*For the first 24 hours make sure you are in the care of a responsible adult. If it is necessary your doctor may advise that you be woken up and checked.*

It is important to get adequate amounts of sleep and mental rest to allow your brain to recover.

**Pain relief**

*Use paracetamol or paracetamol/codeine for headaches.*

*Do not use aspirin or an anti-inflammatory pain reliever such as ibuprofen or naproxen (NSAIDs).*

**Driving**

*Do not drive or operate machinery for at least 24 hours.*

*You should not drive or operate machinery until you feel much better and can concentrate properly.*

*Talk to your doctor if you are uncertain.*

**Drinking/drugs**

*Do not drink alcohol, take sleeping pills or recreational drugs for 48 hours.*

*All of these will make you feel much worse. They also make it hard for other people to tell whether the injury is affecting you or not.*

*If you are taking medication prescribed by your doctor, do not stop taking them unless advised to do so by a doctor.*

**Sports**

*Do not play sports or do strenuous physical activities for 48 hours and until you are free from any symptoms.*

*It is dangerous for the brain to be injured again if it has not recovered from the first injury. Talk to your doctor about a graduated return to sports and physical activities. **If in doubt, ‘sit it out’**.*

**Work/study**

*You may need to take time off work or study if you are having trouble concentrating or remembering things. Everybody is different.*

*Discuss this with your doctor and your employer/supervisor.*

**Relationships**

*Sometimes your symptoms can affect your relationship with family and friends, such as having a short temper or anxiety. Talk to your doctor if you, your family or friends have any concerns.*

---

**Disclaimer:** This health information is for general education purposes only. Always consult with your doctor or other health professional to make sure this information is right for you.

---

Adapted from “Mild Head Injury Discharge Advice” by Dr Duncan Reed (2007), Director of Trauma, Gosford Hospital. NSW Institute of Trauma and Injury Management.