Adult Head Injury

Treatment

- Avoid strenuous activity during the 24 hours after the injury.
- Apply ice bag to head.
- Take Acetaminophen, 2 tablets, every 3-4 hours as needed for headache.
- Maintain a light diet during the first 24 hours.

Care Taker’s Role:

- If the injury is severe, wake the individual every 2 hours during the day and night for the first 48 hours after the injury in order to monitor the level of consciousness.

Seek Medical Attention for:

Persistent nausea and/or vomiting: Vomiting occurs in most instances following a severe head injury. Watch for vomiting that occurs frequently, or begins again hours following the injury.

Excessive drowsiness: The injured person may feel exhausted from the accident, but should be easily aroused from sleep.

Loss of strength or coordination: Watch for unsteadiness in walking, or difficulty using arms or legs.

Visual difficulties: Watch for pupils that are unequal, problems seeing double, or other visual changes.

Slurred speech: Difficulty speaking clearly.

Persistent headache: Headache that becomes more intense 12 hours after the injury.

Drainage: Clear or bloody drainage from nose or ears.

Convulsion: Contortion of the body caused by violent, involuntary muscular contractions of the extremities, trunk, and head.

- Position victim on their side where he or she cannot fall. Give them room to move. If possible, tilt head back slightly to make it easier to breathe. Seek medical care immediately after convulsion. If convulsion lasts longer than one minute, call an ambulance.

Bizarre behavior: Any behavior or thinking that is not normal for the injured person, such as irritability or confusion.
If any of the above signs or symptoms is noted, please return to the Student Health Center for further evaluation. If the Student Health Center is closed, take the patient to an urgent care facility. If there is not one available, or if there is an apparent emergency, take the patient to a hospital emergency room for further evaluation.