

FRESH 2010
PERSPECTIVES



Blackrock Clinic

EMERGENCY DEPARTMENT

*Head Injury
Advice*



Blackrock Clinic

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fp8400

Accredited by Joint Commission International

Head Injury

Following investigation and discharge from hospital it is recommended that anyone who has sustained a head injury be observed by a responsible adult for approximately 24 hours.

Rest quietly at home and avoid STRENUOUS ACTIVITY or ALCOHOL for 48 hours.

If you have any queries contact the Emergency Department on 1800 283 999

Caution

If you develop any of the following symptoms, please return immediately (or to your nearest Emergency Department)

- A severe headache, which is not relieved by rest or simple painkillers.
- Nausea or vomiting (2 or more bouts).
- Blurred vision.
- Dizziness/Drowsiness.
- Confusion/strange behaviour.
- Convulsions/fits.
- Weakness or loss of use in a limb.
- Blood or clear fluid leaking from the ears or nose.

Disclaimer

The above detail as provided by Blackrock Clinic is not intended to replace the attention or advice of a physician or other health care professional. Blackrock Clinic strives to ensure that the detail on this advice sheet is as accurate as possible, but does not accept responsibility or liability for any inaccuracies. If you have any queries or questions they should be raised with your care provider.

FREEPHONE

1800 283 999