

## Contact us

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, who are fully trained in both adult and paediatric care.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

### Bristol Urgent Treatment Centre Minor injuries and illnesses

Open 8am–8pm, 7 days a week  
South Bristol NHS Community Hospital  
Hengrove Promenade  
Hengrove, Bristol BS14 0DE  
T: 0300 124 6260

### Yate Minor Injury Unit Minor injuries only

Open 8am–8pm, 7 days a week  
Yate West Gate Centre  
21 West Walk, Yate BS37 4AX  
T: 0300 125 6800

### Clevedon Minor Injury Unit Minor injuries only

Open 8am–9.00pm  
(last admission 8.30pm), 7 days a week  
North Somerset Community Hospital  
Old Street, Clevedon BS21 6BS  
T: 01275 546852



## Let us know what you think and get involved

T: 0300 124 5300\*  
E: [sirona.hello@nhs.net](mailto:sirona.hello@nhs.net)  
W: [www.sirona-cic.org.uk](http://www.sirona-cic.org.uk)

\*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

Date of creation: 07/20  
Date for review: 07/22  
URN: 0051

#### Registered office

Sirona care & health CIC,  
2nd Floor, Kingswood Civic Centre,  
High Street, Kingswood,  
Bristol BS15 9TR  
Company Number: 07585003



# Head Injury Advice for Adults

Service provided by



Following your attendance, we are satisfied that your injury is not serious. We are happy for you to be discharged. However, after a head injury it is common to notice some of the following symptoms:

**Do** expect to feel generally miserable and “off colour”.

These feelings may include feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating, problems sleeping or lack of appetite.

**Do** expect to be more tired than usual. Do not be confused between normal sleep and unconsciousness - someone who is unconscious cannot be woken up.

**Do** expect to have a mild headache. Paracetamol will suffice for this.

## These symptoms should improve rapidly

If you are concerned about any of these symptoms in the first few days, you should go to your doctor.

If these problems do not go away after 2 weeks, you should see your doctor.

You are advised to stay with a friend/partner/relative for 24 hours.

## Things that will help you get better:

**Do** have plenty of rest and avoid stressful situations.

**Do not** take sleeping pills, sedatives or tranquilisers unless a doctor prescribes them for you.

**Do not** play any contact sport (for example, football) for at least 3 weeks without talking to your doctor first.

**Do not** return to school/college or work until you feel you have completely recovered.

**Do not** stay alone in the home for the first 24-48 hours after leaving hospital.

**Do** make sure that there is a nearby telephone and that you are within easy reach of medical help.

**Do not** drive a car, motorbike, bicycle or operate machinery unless you feel that you have completely recovered.

Even after an apparently minor head injury, complications may occur, but these are rare.

## Pain relief medication

Pain relief medication can help you to reduce the pain allowing you to undertake any suggested exercises and movements of the injury. Moving will help ease the pain and speed up your recovery significantly. Simple pain relief medications such as Paracetamol and Ibuprofen are often all that is required. Please read the medication instructions before taking anything.

## Please seek immediate medical advice if you notice any of these signs:'

- Unconsciousness, continuing drowsiness for more than 1 hour or difficulty in waking from sleep
- Any confusion (not understanding what is said, not knowing where you are etc.)
- Any vomiting
- Painful headache that will not go away or trouble with your eyesight
- Any loss of balance or problems walking
- Any problem speaking
- Any kind of attack, which you think is a fit
- Any weakness in one or both arms or legs
- Clear fluid coming out of your ears or nose
- Bleeding from one or both ears
- New deafness in one or both ears

**Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.**

For less urgent health needs, contact your GP or local pharmacist in the usual way.