



Head Injury Advice for Adults



Telephone: 0300 125 6800 (Yate MIU) | 01275 546852 (North Somerset MIU) | 0300 124 6260 (Bristol MIU)



Scan the QR Code to view the MIU and Illness page on the Sirona care and health website.

Service provided by



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 contact your doctor.

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

You are advised to have a friend/ partner/relative stay with you 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 stay alone in the home for the first 24-48 hours after your head injury if you can avoid doing this.
- Do make sure you can call for help if necessary with a nearby telephone or pendant alarm.
- 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.

Please seek immediate medical advice/call for an ambulance if you notice any of these signs:’

- Unconsciousness, continuing drowsiness for more than one 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.

Other services:

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.

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet, please tell us.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language.



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Please scan the QR code to listen to an audio version of this statement.

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Siona care & health CIC, Badminton Rd Office, 2nd Floor, Badminton Rd,
Yate, BS37 5AF

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