

## HEAD INJURY INSTRUCTIONS

With head injury the first 24 hours are the most critical, however serious problems can occur later. It is important that a responsible person should stay with the patient and watch for any of the following:

1. Inability to wake or arouse the patient.
2. Behavioral changes.
3. Vomiting.
4. Significant or worsening headache.
5. Confusion.
6. Poor feeding in children.
7. Seizures.
8. Fever.
9. Weakness or numbness of an extremity or face.
10. Pupil size difference.
11. Drainage from the ears or nose.

A mild headache and dizziness can be normal after an impact to the head. But if any of the above occur, or if there is any concern at all about the after effects of a head injury, a patient should be brought immediately to the attention of a physician.

In the evenings it is felt a patient should be awoken every 1-2 hours and checked for any of the above signs and symptoms. Recheck on significant head injuries is recommended within 24 hours.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 24 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 1-2 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Physical Therapy and Digestive Diseases. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

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THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.