

# RECOVERING FROM A HEAD INJURY

## What to Expect Once Home from the Hospital after a Head Injury



You may experience these mild symptoms:



Headaches



Slight dizziness



or Fatigue

These are generally normal and should gradually improve over the next few days.

## Recovering at Home

Here's what you can do to aid recovery.

- **Rest:** Ensure you get plenty of rest and avoid physical activity for at least 24–48 hours.
- **Monitor Symptoms:** Watch for any worsening symptoms and seek medical care if necessary.
- **Cognitive Rest:** Limit screen time, reading, and work to prevent overstimulation.
- **Pain Management:** Use acetaminophen if needed, but avoid ibuprofen or aspirin unless directed by a doctor.
- **Nutrition and Hydration:** Encourage a balanced diet and proper hydration.
- **Gradual Return to Activity:** Resume normal activities gradually and avoid sports until cleared by a doctor.

# Pain Management

Mild headaches can be common after a head injury, but you can manage them as follows.

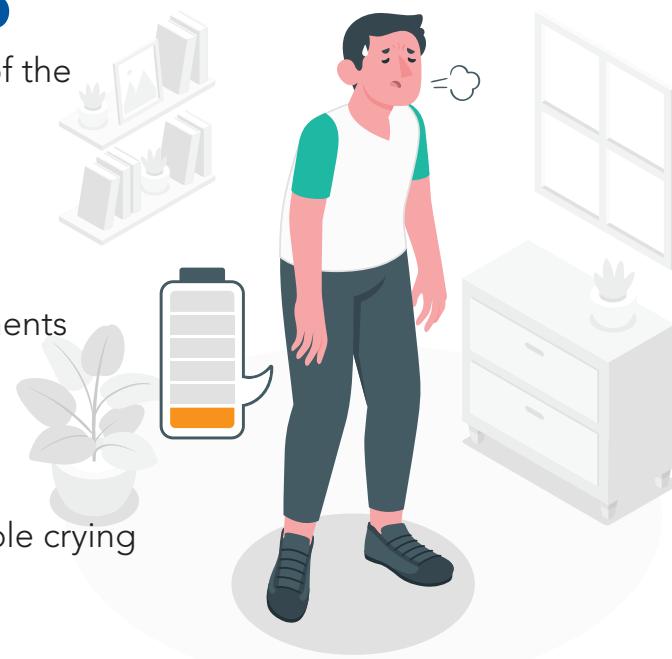
- **Pain Relief:** Only take medications as advised by your healthcare provider. Avoid over-the-counter pain relievers like ibuprofen, aspirin, or naproxen, as they may increase bleeding risks. Your doctor may recommend acetaminophen (Tylenol).
- **Cold Compress:** Apply a cold pack to the affected area to reduce swelling (if recommended by your doctor).



## When to Seek Medical Help

Head to the Emergency Room if you experience any of the following after being discharged.

- Increased drowsiness or difficulty waking up
- Persistent or worsening headache
- Repeated vomiting
- Difficulty walking, balancing, or coordinating movements
- Seizures or convulsions
- Weakness or numbness in any part of the body
- Slurred speech or confusion
- Unusual behaviour changes, irritability, or inconsolable crying
- Clear fluid or blood draining from the nose or ears
- Unequal pupil size or vision changes



## FAQs

### Some Common Questions about Head Injury

#### Q: When can I resume normal activities like work or school?

**A:** It's important to give your brain time to heal. Generally, you should avoid physical exertion and mentally demanding activities (like work or school) until cleared by your doctor. Your healthcare provider will offer specific guidelines based on your condition.

#### Q: Should I avoid sleeping after a head injury?

**A:** It's usually safe to sleep, but if you were instructed to stay awake for a period or monitored closely, follow those instructions. If you're unsure, ask your healthcare provider for advice on sleep during recovery.