



Head Injury Care Instructions

頭部外傷之護理指導

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Head injury is the damage caused by external force to the head that results in injury to the head or brain nerves. The patient may not show obvious or severe brain injury symptoms at the moment, but it is possible that neurological symptoms or intracranial bleeding occurs hours, days, or even weeks later. The entire observation period is recommended to be 3 months, with the first 72 hours after the injury being the most critical.

I. Precautions:

1. Within 24 hours of returning home, wake the patient once every 2 hours to ensure they are awake. If the patient cannot be awakened, seek medical attention immediately.
2. It is common to experience nausea, vomiting, and headache after a head injury. Take medication as directed by the physician, but do not take sedatives or anesthetics on your own, as they may mask symptoms and lead to worsening conditions.
3. Nausea and vomiting may occur within 24 hours after the injury, so fasting should be prioritized. If the patient is awake and the nausea and vomiting relieve, a small amount of liquid food may be given. If vomiting persists after eating, seek medical help immediately and stop feeding.

4. Avoid alcohol within 2-3 months after the injury.
5. After returning home, get sufficient quiet rest in bed; when lying down, raise the head of the bed to 30 degrees. Avoid excessive exertion and vigorous activities.

II. Seek emergency medical attention if any of the following symptoms appears upon injury or after discharge from hospital:

1. Change in consciousness, drowsiness, or coma.
2. Persistent vomiting.
3. Severe headache, dizziness, or vertigo.
4. Seizures or convulsions.
5. Blurry vision or double vision (seeing overlapping images).
6. Weakness or numbness in one side of the body, paresthesia, unsteady walking.
7. Changes in behavior or emotions, abnormal personality.
8. Rapid breathing.
9. Clear or bloody fluid coming from the ears or nose.

We wish you the speediest of recoveries

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We Care For You