

- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

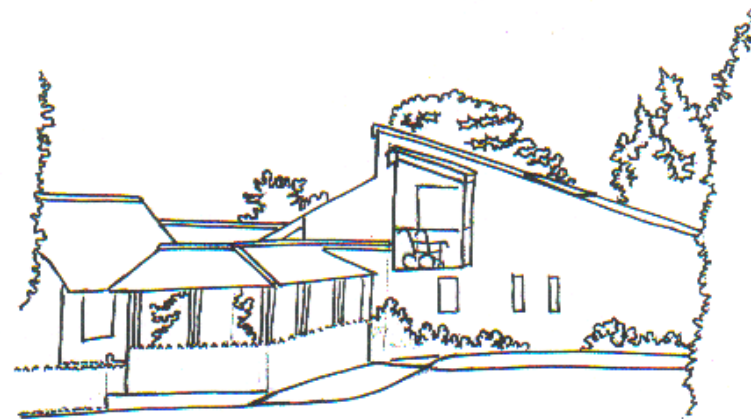


Laurel Bank Surgery
Malpas
Cheshire SY14 8PS



Phone: 01948 860205
Fax: 01948 860142

**AFTER-CARE ADVICE ON
ADULT HEAD INJURY
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS**



Tel: 01948 860205

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Adult Head Injury Advice

- After a head injury, ensure a responsible adult is available to look after you
- Rest quietly at home and avoid strenuous activity for a day or so
- It is normal to have a headache or feel a bit sick. Avoid heavy meals and take regular Paracetamol or similar painkillers
- If you experience one or more of the following symptoms in the next 48 hours, you are advised to contact or return to the nearest A&E Department:
 - ⇒ Increasing drowsiness or difficulty in waking
 - ⇒ Severe headache unrelieved by painkillers
 - ⇒ Repeated vomiting
 - ⇒ Double vision.



Six Weeks After Your Injury

If you still have any of the following symptoms, call the surgery and ask for an appointment:

- ◆ Tiredness
- ◆ Forgetfulness
- ◆ Poor concentration
- ◆ Irritability
- ◆ Mood changes

