

Patient Information:

**Head Injury:
Instructions for Individuals Observing
a Head Trauma Patient**

You are monitoring someone with a head injury. People experiencing head injury/trauma need a responsible person to monitor their condition for a time usually specified by their health care provider. (Usually at least 24 hours following the injury) The following are general guidelines for monitoring a patient with a head injury.

1. Attempt to awaken and arouse the patient every two hours.
2. The patient should not participate in strenuous activity nor partake of narcotic drugs, sleeping pills or alcoholic beverages for at least 48 hours.
3. Encourage the patient to consume a bland diet for at least the first 24-36 hours.
4. The patient should not consume aspirin products/NSAID's (i.e. Excedrin[®], Ibuprofen[®]/Motrin[®], Advil[®], Aleve[®], Naprosyn[®]) until at least one week after symptoms completely resolve.
5. Seek medical attention (Call 911) IMMEDIATELY if the patient experiences:
 - a. Severe or worsening headache
 - b. Dizziness or unsteadiness, restlessness
 - c. Excessive sleepiness, inability to arouse
 - d. Weakness, numbness, difficulty moving extremity
 - e. Worsening Confusion
 - f. Vomiting
 - g. Seizures
 - h. Slurring of speech
 - i. Loss of or blurry vision
 - j. Incontinence of bladder or bowel
 - k. Fever or stiff neck