

Head injury in adults: what to watch for

In the Emergency Department or Urgent Care Centre, you were diagnosed with a mild head injury. It may have been caused by a blow to the head, face, neck, or body. It can take up to 14 days to recover.

To help manage your pain, you can use Acetaminophen (Tylenol®).

Important!

To make sure you recover well, you must be watched closely by another responsible person for 24 hours.

When do I need to get Emergency care?

You need Emergency care if you have any of these problems:

- a constant headache that is getting worse
- blurred vision, double vision or slurred speech
- vomiting more than two times
- drowsiness or hard to wake up
- confused about your name, the time or where you are
- a change in your usual behaviour
- unsteady on your feet or poor balance
- clear liquid coming from your nose or ear
- a seizure (shaking or convulsion)
- unable to move parts of your body, weakness in your arms or legs

If you or the person caring for you has any questions or concerns, please call your health care provider.