

# Concussion/minor head injury (hjernerystelse)

Til patienter og pårørende

The doctor has examined you/or your child for concussion and has decided that you can be sent home. It is important that you have someone stay with you the next 24 hours, a member of your family or a near friend.

## **Concussion or mild head injury can give the following symptoms:**

- A mild headache
- Nausea and vomiting
- Dizziness
- Amnesia
- Difficulty in concentrating
- Tired and in need of extra sleep.

These symptoms are normal, the first few days after a concussion, and normally will disappear after a few days without any treatment, though painkillers maybe needed for the headache.

A few patients can experience that some of the mentioned symptoms can persist for several days, weeks or even months.

When you return to your home, you will need peace and quiet and you may want to lie down on a bed. If you have a light headache, nausea or are feeling dizzy, we recommend that you avoid the following things:

- Reading for long periods of time
- Watching TV
- Working on the computer
- Strong sunlight
- Alcohol
- Participating in sports activity, where there is a risk of a new head injuries.

## **Small children and concussion**

Concussion is common for small children, but symptoms can be difficult to recognise in infants and toddlers. Nonverbal clues of concussion may include listlessness, tiring easily, irritability, change in sleeping patterns, increased vomiting, lack of interest in favourite toys

## **When to seek emergency medical treatment**

- If you have difficulty in staying awake or have difficulty waking up or waking someone up
- Having a fit or seizure
- Double vision
- Slurred speech
- Loss of power in arm or leg  
Worsening Headache.

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To make sure that the painkillers dont hide worsening symptoms, it is recommended that you only use over the counter painkillers, like panodil or paracetamol.

Depending on your symptoms a few days free from work or school may be necessary. Talk to your Local GP If you are unsure of what to do.

**In a emergency please contact the accident and emergency:**

- Sydvestjysk Sygehus Esbjerg, Finsensgade 35, 6700 Esbjerg - fonenummer 7918 2137 24 hours
- Sydvestjysk Sygehus Grindsted, Engparken 9, 7200 Grindsted - fonenummer 7918 9565 from 08.00 a.m. to 22.00 p.m.

**Kind regards**

The Staff Accident and Emergency Service  
Sydvestjysk Sygehus