

Minor Injuries Units

North Dorset:

Blandford Community Hospital

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

Westminster Memorial Hospital

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

Yeatman Community Hospital

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

South West Dorset:

Bridport Community Hospital

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

Lyme Regis Medical Centre

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

Portland Community Hospital

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

Weymouth Community Hospital

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

South and East Dorset:

St. Leonard's Community Hospital

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

Swanage Hospital

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

Victoria Hospital

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

Emergency Departments

Dorset County Hospital

Williams Avenue, Dorchester, DT1 2JY

Telephone: **01305 251150**

Poole General Hospital

Longfleet Road, Poole, BH15 2JB

Telephone: **01202 665511**

Royal Bournemouth Hospital

Castle Lane East, Bournemouth, BH7 7DW

Telephone: **01202 704167**

Salisbury Hospital

Odstock Road, Salisbury, SP2 8BJ

Telephone: **01722 336262**

Yeovil District Hospital

Higher Kingston, Yeovil, BA21 4AT

Telephone: **01935 475122**

References

NICE (2008) CG 56 updated: Head injury. Triage, assessment, investigation and early management of head injury in infants, children and adults. www.nice.org.uk Assessment, investigation and early management of head injury. BMJ 2007, 335:719-720
Yates et al.

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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NHS**Dorset HealthCare
University**

NHS Foundation Trust

Minor Injuries Unit

Advice on head injuries

**Dorset HealthCare University NHS Foundation Trust**

Sentinel House

4–6 Nuffield Road

Poole, Dorset

BH17 0RB

☎ 01202 277000

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🌐 www.dorsethealthcare.nhs.uk**Information
for patients,
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Discharge advice

We think that it is alright for you to leave hospital now. We have checked your symptoms and you seem well on the road to recovery. However, it is important that you do not go home alone, in case your injury gets worse, and that someone is there to help you.

When you get home, it is very unlikely that you will have any further problems. However, if you start to experience any of the following symptoms, we suggest that the person taking care of you brings you to the nearest hospital A&E department as soon as possible:

- Unconscious, or lack of full consciousness (for example, problems keeping eyes open).
- Any confusion (not knowing where you are, getting things muddled up).
- Any drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake.
- Difficulty waking up.
- Problems understanding or speaking.
- Loss of balance or problems walking.
- Any weakness in arms or legs.
- Any problems with your eyesight.
- Painful headache that won't go away.
- Any vomiting.
- Any fits (collapsing / passing out).
- Clear fluid coming out of ear or nose.
- Bleeding from one or both ears.
- New deafness in one or both ears.

Things you shouldn't worry about

You may experience some other symptoms over the next few days, which should disappear in the next two weeks. These include:

- A mild headache
- Feeling sick (without vomiting)
- Dizziness / tiredness
- Irritability or bad temper
- Problems concentrating

- Problems with memory
- Lack of appetite
- Problems sleeping

If you feel very concerned about any of these symptoms in the first few days after discharge, or if these symptoms do not go away after two weeks, you should contact your GP immediately. We also recommend that you seek a doctor's opinion before driving a car or riding a motorbike.

Things that may help you get better:

If you follow this advice, it should help you get better more quickly and it may help any symptoms you have to go away. Make sure you have plenty of rest and avoid stressful situations.

- Do not take any alcohol or drugs.
- Do not take sleeping pills, sedatives or tranquillisers unless given by a GP.
- Do not return to your normal college or work activity until you feel you have completely recovered.
- Do not play any contact sport (e.g. football) for at least three weeks without talking to your doctor first.
- Do not drive a car / motorbike, ride a bike, or operate machinery unless you are completely recovered.
- Do not be alone in your home for at least 48 hours after your stay at hospital.
- Do make sure that there is a nearby telephone and that you stay within easy reach of medical help.

If you need medical help fast you can call the NHS **111** number, or visit www.nhs.uk/111.

Out of hours – please call your own GP's out of hours contact number.

In an emergency, dial **999**.

Long term problems / follow up

Most patients recover quickly from their accident and experience no long-term problems. However, some patients only develop problems after a few weeks or months. If symptoms persist, or if you have any unanswered questions about the effects of a head injury, then you should contact your GP or a head injury follow-up clinic.

Head injury clinics are established within Dorset and appointments can be made by contacting **Dr J P S Burn**, Consultant in Brain Injury and Rehabilitation or **Dr N J Moffat**, Clinical Neuro-psychologist, from the Dorset Brain Injury Service. Please ask your GP for contact details.

Further advice

If you have any general questions or need advice, contact NHS **111** or log on to www.nhs.uk/111

You may also contact your Doctor during normal surgery hours. If the call to your Doctor is urgent and outside the normal surgery hours of 8.00am to 6.30pm, your surgery will redirect you to the appropriate out of hours service or advise you to call the NHS **111** number.

Please read this leaflet carefully.

If you are concerned or there is anything you do not understand or you require further information, please contact your nearest Minor Injuries Unit or Urgent Care Centre using the contact details on the back of this leaflet.