

Head Injury

Post-operative Information



Take care of yourself at home

- Arrange for someone to stay with you for the next 24 hours, in case you need help
- Avoid alcohol
- Avoid carrying heavy things or doing strenuous activities
- Avoid driving yourself home on the day of your discharge. Arrange for someone to pick you up or take a taxi
- Do not take sedatives or other drugs unless prescribed by your doctor
- Get plenty of rest
- Take painkillers prescribed to you by your doctor
- Use icepacks to soothe a swollen or painful area



When to contact a medical professional?

If these symptoms persist after 2 to 3 weeks, please consult your doctor.

- A seizure (fit or spasm of arms, legs or face)
- Blackouts, dizziness or fainting spells
- Blood or clear fluid coming out from your ears or nose
- Confusion, slurred speech or unusual behaviour
- Double or blur vision
- Fever
- Loss of memory
- Persistent and severe headaches, nausea or vomiting
- Stiff neck or body numbness
- Trouble walking or staggering
- Unusual tingling sounds in your ear

Where to get help

- Dial 995
- Visit the nearest GP
- Go to an Emergency Department

Things to remember

- Seek medical attention for a head injury
- Get plenty of rest
- It may take a while for the brain to recover from a head injury. During this time, it is common to experience headaches and dizziness
- Do not go to work or resume any sports activity until you are fully recovered



Follow-up

Appointment

Name:

Age:

Appointment Date:

Appointment Time:

Venue:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 67 16 2000 Fax: 67 16 5500

www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

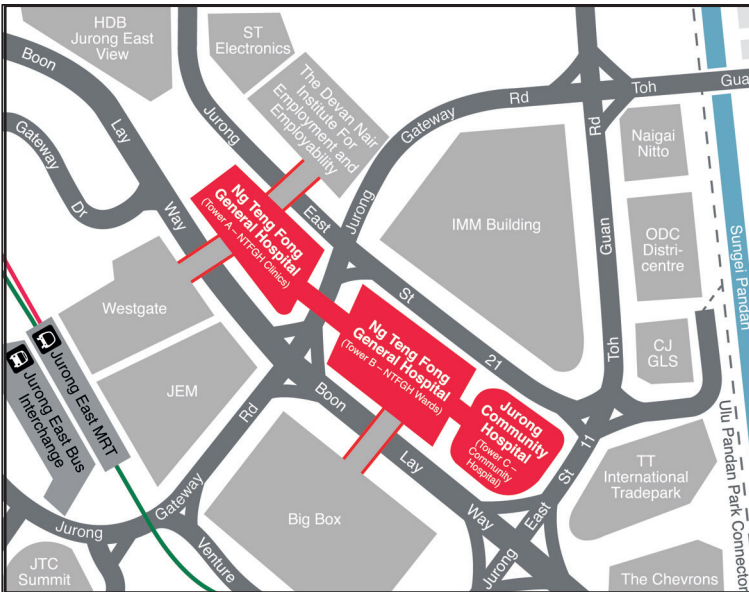
For appointments, please call 6716 2222

Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233

Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M,

160, 183, 197, 333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.