



Eastbrook Family Health Center  
29 Eastbrook Road, Ronks, PA 17572  
Phone (717) 299-5711 Fax (717) 299-0283

J Donald Siegrist MD  
James G DuPrey MD  
J Clair Hess MD  
Richard D Jackson MD  
Jason E Conwell MD  
Stephanie A McKnight MD

## **INSTRUCTIONS FOR PATIENTS** **FOLLOWING HEAD INJURY**

### **I. Home care for the first 24 hours:**

- a. Limited activity.
- b. Drink and eat in small quantities.
- c. Take Tylenol, as prescribed, for headache.

### **II. Warning signs:** Notify your family physician should any of the following occur:

- d. Increasing or severe headache, unrelieved by Tylenol.
- e. Persistent vomiting, particularly if projectile.
- f. Weakness of the face, trunk, arms or legs.
- g. Seizures.
- h. Drowsiness from which the patient is not easily aroused.
- i. Restlessness, agitation, nervousness, or mental confusion.
- j. Bleeding or clear liquid drainage from the nose or ears.
- k. Difference in the size of pupils.

### **II. Note:** The following apply if checked:

- ( ) Patient should be re-evaluated by a physician within 48 hours from the time of injury.
- ( ) Patient should not be left alone for \_\_\_\_\_ hours.
- ( ) Awaken and check patient every two hours, or as directed by physician.
- ( ) Please give a progress report by phone to the nurse in 24 hours.