

HEAD INJURIES



July, 2012



The following guidelines are to be followed for individuals who have sustained a head injury. This plan should be used for at least 24 hours at home.

1. Do not give sedatives of any kind. (Tylenol, acetaminophen, may be used for headache.
2. At least once during the night check the patient for the following:
 - A. Alertness: can patient be awakened to complete consciousness?
Does patient recognize you?
 - B. Pupils: are the black centers of the eyes equal in size?
 - C. Grip: is it strong and equal on both sides?
 - D. Arms & Legs: can patient move them well?
 - E. Vomiting: is there severe or prolonged vomiting?
 - F. Headache: are there severe or persistent headaches?

If the patient cannot be aroused or if any of the above signs appear,
Call us immediately at **805-494-1948**.

If for some reason we cannot be reached in a short period of time, got to the emergency room and they will call us. Los Robles Medical Center ER: **805-370-4435**.