

Department of Nursing
Contact:
6357 7000 (Central Hotline)



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Department of
Nursing

Discharge Advice for Minor Head Injury



Head injury describes a range of injuries to the scalp, skull, brain and underlying tissue and blood vessels in the head.

The young, elderly, people who take blood thinners and alcohol abusers are prone to serious consequences after a head injury.

For the first 24 hours after a head injury:

- ALWAYS have someone with you
- DO NOT drive a vehicle or operate machinery
- DO NOT take alcohol or medications that can cause drowsiness

Seek immediate medical help if:

- Your signs or symptoms get worse (e.g. sleepiness, headache, vomiting, dizziness, etc.)
- There are changes in your behaviour (e.g. irritable, confused)
- There is weakness or numbness in your arms and/or legs
- You find it difficult to walk or talk
- You experience fits or seizures (jerking of arms and/or legs)
- Blood or clear fluid comes out from your nose or ears

Caring for your wound:

- If your wound can be exposed, you may wash your hair gently with mild shampoo 48 hours after a head injury
- If your wound has been closed with **steri-strips (glue tape), suture glue or suture/staple**, please:
 - Do not scratch, massage or stretch the wound area
 - Apply antibiotic ointment as prescribed by your doctor
 - Go for all your follow-up appointments to review your wound

- If your wound has been closed with **steri-strips (glue tape), suture glue or suture/staple**, please note the following:

<p>Steri-strips (Glue Tape)</p>	<ul style="list-style-type: none"> • DO NOT peel the steri-strip off forcefully as it will usually fall off on its own in about two weeks • You may wash your hair gently with mild shampoo after five days
<p>Suture Glue</p>	<ul style="list-style-type: none"> • Let the suture glue fall off naturally • DO NOT scratch the suture glue off even though it may look like a normal scab (a dry skin that forms over a wound during healing) • You may wash your hair gently with mild shampoo after 48 hours
<p>Suture/ Staple</p>	<ul style="list-style-type: none"> • Keep the wound and dressing dry and clean until the suture/staple has been removed • If the dressing is loose, wet or dirty, visit a polyclinic or General Practitioner (GP) to have it changed • You may wash your hair gently with mild shampoo 24 hours after the suture/staple has been removed

Seek immediate medical attention if any of the following occurs:

- You have a fever of 38°C or higher
- The skin around your wound becomes red or swollen
- Persistent and increasing pain at the wound site
- Bleeding or foul-smelling discharge from the wound
- The steri-strips/suture glue/suture/staple become loose, causing the wound to open up
- Any other abnormal and/or prolonged symptoms which may be a cause for concern (e.g. large amount of discharge)