

Mild Cranial Trauma

This is a mild head injury, with or without a loss of consciousness.

All minor head injuries should be examined by a healthcare professional. Even when an acute head injury has been ruled out, you should still be monitored since injuries may appear later on.

Recommendations to follow

You are recommended to **stay at home and rest**. Avoid exposure to bright lights or loud noises, physical activity or professions involving risks such as driving or using heavy machinery, for 24-48 hours.

For the first 24 hours after the accident eat only **light meals**. Don't force yourself to eat if you don't feel hungry. You should also **avoid alcohol and sedative medication**.

You should be monitored for the first 24-48 hours after the accident in case of possible complications. If you are receiving an **antiplatelet or anticoagulant treatment, you have a higher risk** of suffering a complication, and should consequently be monitored more closely.

During the first night after the injury you **should be woken up every 3 hours**.

In case of a **slight headache**, you can take **paracetamol**. Avoid taking anti-inflammatories and acetylsalicylic acid. You can apply **ice to the injured area**.

You should return immediately to the hospital or call 112 if you have...

- **Persistent vomiting.** (Children may vomit once after a traumatism, but if vomiting continues, you should consult a doctor.)
- **Excessive drowsiness.** You may feel tired after the accident, in which case you should sleep. However, you should make sure that you can be woken up as easily as usual. It is advisable to have someone wake you up every 3 hours during the first night.
- **A blinding headache.**
- **Confusion, irritability.**
- **Delirium or loss of consciousness**
- **Loss of vision, double vision, difficulty in speaking or in moving a part of your body.**
- **Convulsions or spasms** in your face or limbs.
- **Blood or liquid** coming out of your **ear or nose**.

