

Head Injury

Understanding what it means—and knowing when to seek help

What is a Head Injury?

A head injury refers to **any injury to the head or brain**, usually caused by a sudden impact, fall, or accident.

This can range from something mild—like a bump or brief dizziness—to more serious injuries that affect the brain itself.

To explain simply:

- 👉 Your brain is protected by the skull (the bone of your head)
- 👉 Inside, the brain is soft and delicate
- 👉 A strong impact can cause the brain to move, bruise, or bleed

This is why even a “simple knock” to the head should not always be ignored.

Types of Head Injury (Simple Explanation)

Head injuries can vary in severity:

1. Mild head injury (concussion)

- Temporary disturbance in brain function
- May cause dizziness, headache, or confusion
- Often improves with rest

2. Moderate to severe head injury

- May involve bleeding or swelling in the brain
- Can affect consciousness, movement, or speech
- Requires urgent medical attention

Why is a Head Injury Important?

Even if symptoms seem mild at first, problems can develop later.

👉 Some patients feel “fine” initially, but symptoms worsen over time.

👉 The key message:

Early recognition and proper evaluation can prevent serious complications.

Symptoms to Watch For

Symptoms can appear immediately or develop hours—even days—after the injury.

1. Common Symptoms (Mild Injury)

- Headache
- Dizziness
- Nausea
- Feeling “foggy” or confused
- Sensitivity to light or noise
- Tiredness

👉 These are often seen in mild concussion.

2. Symptoms Affecting Thinking and Memory

- Difficulty concentrating
- Forgetfulness
- Slower thinking
- Feeling disoriented

👉 Patients may say:

“I don’t feel like myself.”

3. Physical Symptoms

- Vomiting
- Blurred vision
- Balance problems
- Ringing in the ears

4. Emotional and Behavioural Changes

- Irritability
- Mood changes
- Anxiety
- Restlessness

5. More Serious Symptoms 🚨

These may indicate a more significant brain injury:

- Severe or worsening headache
- Repeated vomiting
- Increasing drowsiness
- Difficulty waking up
- Slurred speech
- Weakness in the arms or legs
- Seizures
- Loss of consciousness

6. Delayed Warning Signs 🚨

Symptoms may appear later, even after going home:

- Increasing confusion
- Persistent headache
- New weakness or numbness
- Unusual behaviour

👉 This is why monitoring after a head injury is important.

Urgent Red Flags 🚩

Seek immediate medical attention if:

- The person loses consciousness
- There is repeated vomiting
- There is severe headache
- The person becomes drowsy or difficult to wake
- There is weakness or difficulty speaking
- There is bleeding from the ear or nose

👉 These may indicate **bleeding or swelling in the brain**, which requires urgent care.

When Should You See a Neurosurgeon?

Not all head injuries need specialist care—but some do.

You should consider seeing a neurosurgeon if:

- Symptoms are persistent
- Symptoms are worsening
- There are neurological signs (weakness, confusion)
- A scan shows an abnormality
- You have ongoing headaches after injury
- There is concern about recovery

👉 A key point:

If something doesn't feel right, it's worth getting checked.

How is a Head Injury Treated?

Treatment depends on the severity of the injury.

1. Mild Head Injury (Concussion)

Most mild injuries can be managed with:

- Rest (physical and mental)
- Avoiding screen time initially
- Gradual return to normal activities
- Pain relief medication if needed

👉 Important:

Avoid strenuous activity until fully recovered.

2. Observation

Some patients may need to be observed:

- In hospital for monitoring
- At home with a responsible person watching for symptoms

👉 This ensures early detection of any worsening condition.

3. Imaging (CT or MRI Scan)

A scan may be recommended to:

- Check for bleeding
- Assess swelling
- Identify fractures

👉 This helps guide treatment decisions.

4. Treatment for Moderate to Severe Injury

If there is bleeding or swelling:

- Hospital admission is required
- Monitoring of brain function
- Medications to control swelling

5. Surgical Treatment

Surgery may be needed if:

- There is bleeding in the brain
- There is pressure on the brain
- A skull fracture is causing problems

Common Surgical Approaches

- Removal of blood clots
- Relieving pressure on the brain
- Repairing skull fractures

👉 The goal is:

To protect the brain and prevent further damage

Recovery After Head Injury

Recovery depends on the severity of the injury.

For mild injuries:

- Most people recover fully
- Symptoms improve over days to weeks

For more serious injuries:

- Recovery may take longer
- Rehabilitation may be needed

👉 Early treatment improves recovery.

Frequently Asked Questions

“Do I need a scan?”

Not always—but if symptoms are concerning, a scan helps ensure safety.

“Can I sleep after a head injury?”

Yes, but someone should monitor you and ensure you can be awakened normally.

“Will I recover completely?”

Most mild injuries recover well. More serious injuries require closer follow-up.

“When can I return to normal activities?”

Gradually, once symptoms have improved and under medical guidance.

Why Choose a Specialist?

Head injuries can range from simple to serious—and sometimes it is not obvious which.

Choosing the right specialist ensures:

- Accurate assessment

- Early detection of complications
- Proper treatment planning
- Safe recovery guidance

As a **Consultant Neurosurgeon**, I specialise in managing brain and spine conditions, including head injuries.

My approach is:

- ✓ Clear explanation in simple language
- ✓ Careful assessment of your symptoms
- ✓ Use of appropriate imaging when needed
- ✓ Prompt treatment if required
- ✓ Ongoing support during recovery

👉 Most importantly:

You and your family are guided with clarity and reassurance.

A Reassuring Thought

Head injuries can feel frightening, especially when symptoms are unclear.

But it is important to remember:

- 👉 Many head injuries are mild and recover well
- 👉 Early assessment helps prevent complications
- 👉 Modern care allows safe and effective treatment
- 👉 You do not have to manage this alone

Take the First Step Toward Peace of Mind

If you or your loved one has experienced a head injury and you are concerned:

- Persistent headache
- Dizziness
- Confusion
- Any unusual symptoms

👉 It is important to get it checked.

A consultation can help you understand:

- Whether the injury is serious
- What care is needed
- How to recover safely

Book Your Consultation


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 Don't ignore warning signs

 Early care protects the brain

 The right guidance gives you confidence and peace of mind

Take the first step today—your brain health matters.