

Surgical Specialists Centre

NUH Medical Centre Level 15
Email: surgical_specialists_centre@nuhs.edu.sg

University Surgical Centre

Kent Ridge Wing Level 5
Email: usc@nuhs.edu.sg

Appointment Line: (65) 6772 2002

Opening Hours:

Monday to Friday: 8:30am - 5:30pm
Closed on Sat, Sun & Public Holidays

What should I do if my symptoms persist after 3 to 6 months?

Please inform us during your follow-up visits. We will further assess you to determine if you need any therapeutic intervention.

Please seek immediate medical attention at your GP, nearest polyclinic or the A&E Department if you experience any of the following symptoms.

- Loss of consciousness
- Fits / seizures
- Weakness or numbness that was not present before
- Constant vomiting
- Severe headaches that do not respond to pain killers
- Clear fluid coming out from your ear or nose
- Increased drowsiness and lethargy

I lost my consciousness during my injury. Do I have a mild head injury?

Mild head injury can occur without loss of consciousness, but some patients can have a temporary loss of consciousness which usually lasts less than 30 minutes. If you have recurrent episodes of loss of consciousness after your discharge or treatment, please contact your nearest medical practitioner immediately.



Nearest MRT Station: Kent Ridge (Circle Line)

National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: (65) 6779 5555 Fax: (65) 6779 5678
Website: www.nuh.com.sg

Company Registration No. 198500843R

Information is correct at time of printing (Aug 2018) and subject to revision without prior notice. The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Copyright (2018). National University Hospital. All Rights reserved. No part of this publication may be reproduced without permission in writing from National University Hospital.



Mild Head Injury



What is a mild head injury?

Mild head injury, mild traumatic brain injury (TBI) or concussion is a condition in which there is temporary disruption of the brain function due to a trauma. It can be due to a fall, blow to the head, sudden movements without an actual trauma or injury during an accident, such as a road traffic accident.

What are the common symptoms after a mild head injury?

The most common symptoms after a mild head injury are known as post-concussion syndrome (PCS). These symptoms include:

- Dizziness
- Headaches
- Blurring of vision / visual disturbances
- Fatigue
- Poor concentration
- Slow performance
- Poor balance
- Slow speech
- Difficulty in expression
- Problems with memory and learning
- Changes in mood, increased irritability and anxiety

These symptoms may be present immediately after the injury or develop few days to weeks after the initial injury.

Majority of the patients will gradually recover from the symptoms mentioned above in about 3 to 6 months post-injury. The symptoms are part of the normal recovery process and do not represent a serious medical emergency or significant brain damage.



What can I do about these symptoms?

There is no special treatment required for these symptoms. Although some of these symptoms can be debilitating and make daily functioning difficult, the best way to deal with these symptoms is to gradually return to daily activities.

- Pace yourself in the first few weeks after the injury while returning to your routine and avoid over exerting as it may worsen the symptoms.
- Have plenty of rest and adequate sleep to allow yourself to recover.
- Maintain a healthy diet and sleep hygiene. There are no particular foods or drinks that you should avoid.