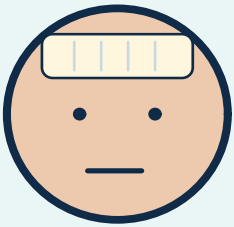
Head injury

Home care after medical assessment





24 hours

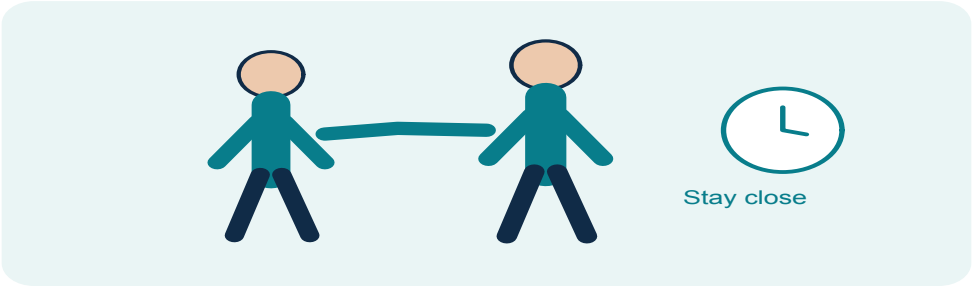
Arrange a companion

Call 112 for a new danger sign

Difficulty waking, a seizure, new weakness, trouble speaking or walking, or fluid from the ears or nose needs emergency help.

Worsening severe headache or repeated vomiting also needs urgent reassessment. Do not drive yourself.

The first 24 hours



Stay together and watch for any deterioration.

Have someone stay with you

A responsible adult should remain with you for at least 24 hours. Sleep is allowed; you do not need to force yourself to stay awake.

Your companion should notice deterioration and be able to get help. Follow any specific checking instructions from the hospital.

A lower threshold for assessment

Get urgent medical advice after a head injury if you take blood-thinning medicine, have a bleeding disorder, vomit or lost consciousness, even if you now feel better.

Do not stop prescribed medicine on your own. Babies and young children need age-specific advice.

This booklet is for aftercare

It does not decide whether a scan or hospital assessment is needed. Follow the discharge plan you were given.

A gradual return

Rest, then build up gently

After one or two quieter days, try light activity, such as a short walk. Reduce activity if symptoms worsen.

Ask for a plan for school, work and driving. Avoid activities that could cause another head injury until medically cleared.

While you recover

Avoid alcohol, recreational drugs and sleeping tablets unless a clinician advises them. Ask about suitable headache medicine.

Keep regular sleep times and limit screens or loud music before bed.

Arrange another review

Contact a clinician if symptoms are worsening, are not improving after about two weeks, or return as activities increase.

Injury date and time

Person staying with me

Return-to-work / school / sport plan

Your clinic and care plan

Healthway Medical Centre
9 Mdina Road, Ħaż-Żebbuġ
ZBG 9015, Malta
+356 2033 1155
Mobile: +356 9952 5356
info@healthwaymalta.com
www.healthwaymalta.com

Mon-Fri 09:00-12:00 & 16:00-20:00
Saturday / public holidays 09:00-14:00
Sundays closed, including public holidays.

For emergencies, call 112. Do not wait for an email or clinic reply.

Review appointment

Discharge advice to remember

Guidance and further reading

NHS: Head injury and concussion

CDC: What to do after a mild TBI or concussion

Approved for publication 30 October 2026. Original illustrations; general information, not an individual diagnosis. Follow advice from your treating team.