

# DISCHARGING AGAINST CLINICAL ADVICE



You have a Traumatic Brain Injury (TBI). This is an injury to your brain normally caused by an external force impacting on your head, which causes the brain to shake within its skull.

This force can cause changes in your brain and it affects the way your brain works. A person who is experiencing a TBI may have experienced a loss of consciousness, period of memory loss and continuing head injury symptoms. There is no way of knowing how long recovery will take.

## Following discharge from hospital

### WARNING SIGNS FOR YOUR FAMILY/WHANAU TO LOOK FOR:

You should seek medical help (either go to hospital or call 111 for an ambulance) if you have any of the symptoms below:

- Is confused or keeps asking the same questions
- Is very sleepy or difficult to wake
- Is increasingly irritated or restless
- Repeatedly vomits
- Has fits or seizures (repeated jerking movements of the arms, legs or face)
- Slurs their speech
- Has blurred vision that is bad enough to stop them seeing properly

## CARING FOR YOUR HEAD INJURY

- Rest where possible but gradually build up your tolerance
- Avoid alcohol and illegal drugs
- Take your normal prescribed medications
- Take paracetamol if necessary for pain relief
- Do not drive a motor vehicle until you have seen your doctor
- Do not play physical contact sport or climb ladders
- Avoid strenuous activity

**For further information please go to [acc.co.nz](https://acc.co.nz)**

You may have been referred for further rehabilitation. If you have not heard from your rehabilitation provider within ten days or you're having difficulty managing please ring:

**ACC Client Helpline – 0800 101 996**

**Upon discharge you should see your general practitioner within the next 24 hours.**