



Notice for Head Injury Patients

Created in 2003.01
Revised in 2023.09
English version in 2023.09

- I. Most head injuries may not lead to significant complications, however, if you experience any of the following, you should return to the nearest emergency department.
- i. Gradually worsening consciousness
 - ii. Severe or worsening headache (a mild headache is usually normal after head injury)
 - iii. Vomiting
 - iv. Difficulty breathing
 - v. Fits (seizures)
 - vi. Weakness in one or both of your arms or legs

II. **General advices:**

If you follow these advices, you will feel better earlier.

- i. Do not smoke or consume alcohol. Avoid eating irritating food (i.e. too spicy).
- ii. Refrain from watching television, using computer or cellular phone, or read book with small prints, as spending time concentrating on images or text may worsen your symptoms.
- iii. You should not drive a motor vehicle, ride motorcycle, or operate machinery.
- iv. Have enough rest. Avoid staying up late and have sufficient sleep.

If you have any questions or suggestions, please contact us. We are happy to provide services to you. Contact telephone number: Taipei main branch Hospital: (02) 25713760 ; Hsinchu MacKay Memorial Hospital: (03)5745098 ; Taitung- MacKay Memorial Hospital: (089) 310150 ext:311. Time of consultant: 9:00 am.~12:00 noon. 2:00 pm.~5:00 pm Monday ~ Friday.

May God Bless You