



MILD HEAD INJURY

There are a number of ways people sustain minor head injuries. These may include falling, whiplash, sudden violent movement, and sudden stopping. The injury results from the brain bumping into the inside of skull suddenly, which may cause bruising, swelling, and damage to the brain cells. The injured person may or may not experience a loss of consciousness and/or periods of confusion.

Most problems caused by minor head injury will clear up within 24-48 hours after the injury occurred. Occasionally, some people will have problems for a longer period of time after their injury. These problems may not be noticed until after returning to the demands of work or school. A person who has a minor head injury may sense that “something is different” than it was before the accident. Problems may include:

- Forgetfulness
- Mood swings
- Headaches
- Sensitivity to noise
- Sensitivity to light
- Difficulty sleeping
- Difficulty making decisions
- Difficulty with everyday tasks
- Driving difficulty

These problems may be disruptive to your life. If you notice any of the symptoms listed above for longer than two weeks after your injury, please contact your physician or the LDS Hospital Rehabilitation Center for further advice and support.