

Focus On: Closed Head Injury

A closed head injury happens when your head or body get hit hard.

The strong force of the blow causes your brain to shake in your skull.

This movement can cause the brain to bruise, swell, or tear.

Sometimes nerves or blood vessels also get damaged.

This can cause bleeding in or around the brain.

A concussion is a type of closed head injury.

If you have a mild closed head injury, you may have a headache or feel "not quite right."

These symptoms usually go away in a few days to several weeks.

If your injury was more severe, you may have symptoms that include dizziness, nausea, vomiting, trouble talking or walking, or mood changes.

These symptoms may last longer than several weeks.

Any person who may have a closed head injury needs to see a doctor.

If the injury is mild, the main treatment is rest.

Your doctor may watch you for a period of time.

You may also take over-the-counter medicines for pain relief.

If the injury is moderate to severe, you may need other medicines, surgery, or rehabilitation therapies.

If you have had a closed head injury, like a concussion, follow your doctor's instructions to heal safely.