

## 頭部外傷病患應注意事項

1. 病患應於安靜處臥床休息，頭部稍墊高 30 度。
2. 患者在前 3 天睡眠時，需有人陪伴和觀察病情，且每 2 小時叫醒一次，並與他交談，及注意神智清醒度是否改變等，若應對無誤方可讓其繼續入眠。
3. 病患出院後請禁食刺激性之煙.酒.辛辣等食物，其餘照常，但咬嚼不便時，請改吃流質之粥飯.麵條等食物，前 24 小時請限制水份。
4. 若有下列任何情況，請速回本院急診室診治：
  - (1) 意識不清或久睡不醒時。
  - (2) 無法忍受之嚴重頭痛，但並非傷口痛。
  - (3) 於短暫時間內連續嘔吐者，若偶而一次尚可觀察。
  - (4) 呼吸困難。
  - (5) 無法溝通或極度煩躁不安時。
  - (6) 有一側肢體較為無力且漸趨癱瘓。
  - (7) 手腳或嘴角抽筋。
5. 若無前述情況，仍請於 3 個月內前來神經外科門診檢查，以確保腦部正常。

## Reminders to Patients that have Head Injury

1. Patient should lie on bed at quiet location, and have his/her head lifted in 30 degrees higher than flat position.
2. Patient must have someone for accompanying and observing medical condition during his/her sleeping time at first 3 days, and should be waken every two hours to talk with him/her, as well as to examine if his/her mind is still clear. If there is no other extended condition, then should have the patient to sleep again.
3. Please must have patient to absolutely abstain from cigarettes, wines, and spicy foods but have other things remained after leaving hospital. If he/she has problems with chewing, then please have liquid type of foods, such as congee, rice, and noodles, and please restrict on drinking limited amount of water at the first 24 hours.
4. If there are any other conditions, please return to hospital for emergency treatment:
  - (1) Unconscious or a long period of time in sleeping condition without waking.
  - (2) Unable to endure serious headache, but not feeling pain out of any type of injuries.
  - (3) Continuously vomiting in a short period of time, except for once in a while.
  - (4) Difficulty with breathing.
  - (5) Unable to communicate or is suffered from utmost aggravation and agitation.
  - (6) One side of body is feeble and is becoming paralyzed.
  - (7) Either Hand/foot or mouth is cramped.
5. If there is no such condition from above, please still return to Neurosurgical Department for routine examination within 3 months for ensuring brain is in healthy condition.