



Subdural Hematoma/Intracranial Hemorrhage Discharge Instructions

Please review these instructions before your visit with The Oregon Clinic Neurosurgery. One of our providers has reviewed your imaging. You are considered an observation patient who does not require surgery.

Signs and symptoms of worsening bleeding:

Can include, but are not limited to:

- Slurred speech
- Confusion
- Limb weakness
- Excessive sleepiness
- Worsening headache
- Seizure

If you experience any of these symptoms, or are worried that you might be bleeding further, please go to the nearest emergency room.

Guidelines to follow between now and your visit with The Oregon Clinic Neurosurgery:

If you were prescribed an anti-seizure medication (most commonly Levetiracetam, otherwise known as Keppra) take it exactly as prescribed, and don't skip doses. There is a risk of seizure if you stop taking this medication. Common side effects of Keppra include, but are not limited to, fatigue, dizziness, rash or aggressiveness. If you develop a rash, call our office for directions on how to stop taking the medication. Seizures are a risk of closed head injury, and unless you showed signs of having one, you will most likely be weaned off the antiseizure medication at 6 weeks post bleed.

It is common to have headaches after closed head injury. Even if you did not hit your head, if there is bleeding inside your skull, this is called a closed head injury. It is common to have some balance difficulty, dizziness, or sleepiness. You should take care not to fall, rest as much as you feel you need to, stay well hydrated, and take your medications as directed.

You should NOT take any blood thinning medications that you may have been taking prior to your head bleed. These can include aspirin (all strengths), Aleve, Excedrin, Motrin, Advil, warfarin, coumadin, turmeric, fish oil, evening primrose oil, enoxaparin, Eliquis, etc. You should also avoid all alcohol until seen by the clinic and cleared, as this also thins your blood. Tylenol (acetaminophen) is okay to take for headaches. We do not prescribe pain medications for non-surgical patients. Please contact your primary care provider if you need something for pain stronger than acetaminophen.

You will need to have a repeat Head CT prior to visiting with the neurosurgery team for your office visit. We will order this, and the resulting facility will call you to schedule. If you have not heard from the

resulting facility within 5 days of a confirmed appointment with The Oregon Clinic, then please reach out and let us know.

While our offices are located in Providence hospitals, we are not a Providence clinic. However, you can contact us via the same MyChart login you use to reach your Providence providers.

You will most likely be seen by one of our advanced practice providers (APPs) who are either Physician Associates or Nurse Practitioners, all of whom are experienced professionals in dealing with your type of head injury. We are paired 1:1 with a neurosurgeon and have immediate access to them if we are worried about anything and need their input. You may have the highest confidence in our group, and we look forward to seeing you as a patient.

Disclaimer: *This document is intended to provide general information about SUBDURAL HEMATOMA/INTRACRANIAL HEMORRHAGE and is for educational purposes that explain the next steps prior to establishing with our specialist. The healthcare provider will review your test results and discuss them with you during your appointment. They will help you understand what the results mean for your health and provide personalized recommendations for further evaluation or treatment, if necessary.*

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Notice of Availability

If you speak another language, free language assistance services and appropriate auxiliary aids and services are available to you. Let us know how we can help.

Spanish

Si usted habla español, hay disponibles para usted servicios gratuitos de asistencia de idiomas y dispositivos y servicios auxiliares adecuados. Infórmenos cómo podemos ayudarlo.

Vietnamese

Nếu quý vị nói Tiếng Việt, chúng tôi có sẵn dịch vụ hỗ trợ ngôn ngữ miễn phí cũng như các phương tiện và dịch vụ hỗ trợ phù hợp dành cho quý vị. Xin hãy cho chúng tôi biết cách chúng tôi có thể trợ giúp cho quý vị.

Chinese

如果您说 中文，我们可提供免费的语言帮助，以及适当的辅助援助和服务。请告知我们，您需要什么样的帮助。

Russian

Если вы говорите на русском, мы можем предоставить бесплатно помощь на вашем языке, а также и соответствующие вспомогательные средства и услуги. Сообщите нам, как мы можем помочь.

Korean

한국어 를 구사하시는 경우 무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 이용할 수 있습니다. 어떻게 도와드릴 수 있는 지 알려주세요.

Ukrainian

Якщо ви розмовляєте цією мовою: українська, то можете отримати безкоштовну допомогу й послуги, зокрема мовні. Повідомте нам, чим ми можемо допомогти.

Japanese

日本語を話される方は、無料の言語支援サービスや適切な補助器具やサービスをご利用いただけます。 私たちがどのようにお手伝いできるかお知らせください。

Arabic

إذا كنت تتحدث [العربية]، فستتوفر لك الخدمات المجانية بشأن المساعدة اللغوية مع المعونات الملائمة والخدمات المساعدة. دعنا نعرف كيف يمكننا مساعدتك.

Romanian

Dacă vorbiți română, serviciile gratuite de asistență lingvistică și ajutoarele auxiliare adecvate sunt disponibile pentru dumneavoastră. Informați-ne cum vă putem fi de ajutor.

Thai

ถ้าคุณพูดภาษาไทย มีบริการช่วยเหลือด้านภาษาฟรี รวมถึงความช่วยเหลือและบริการเสริมที่เหมาะสมแก่คุณ แจ้งให้เราทราบว่าเราสามารถช่วยได้อย่างไร

German

Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzen und geeignete Hilfsmittel und Dienstleistungen zur Verfügung. Teilen Sie uns mit, wie wir helfen können.

Persian

اگر به زبان فارسی صحبت می کنید، خدمات رایگان زبانی و وسایل و خدمات کمی مناسب در دسترس شما هستند. به ما اطلاع دهید که چگونه می توانیم کمکتان کنیم.

Somali

Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda bilaashka ah iyo kaalmooyinka iyo adeegyada ku habboon ayaa diyaar kuu ah. Nala soo socodsii sida aan u caawin karno.

French

Si vous parlez français, des services d'assistance linguistique gratuits et des aides et services auxiliaires appropriés sont à votre disposition. Dites-nous comment nous pouvons vous aider.

Khmer

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាខ្មែរដោយឥតគិតថ្លៃ និងឧបករណ៍ជំនួយនិងសេវាជំនួយសមស្រប មានសម្រាប់អ្នក។ សូមអនុញ្ញាតឱ្យយើងដឹងថា យើងអាចជួយអ្នកបានដោយរបៀបណា។