

Advices After a Fall

Overview:

Slips, trips and falls can occur to anyone. In Singapore, about one-third of older adults aged 60 and above have fallen more than once. Serious Injuries, such as fractures and head injuries can happen. In addition, falls can also cause psychological fear of future falling.



Advice for the first 48 hours after a fall:

You have just sustained a fall. Some injuries may persist, worsen or appear later.

- Please take plenty of rest

Do not:

- Take medication that may delay blood clotting (e.g. aspirin) without first consulting a doctor
- Stay alone at home for the first 48 hours
- Consume any alcohol
- Consume medication such as sleeping pills
- Drive, ride a motorbike/bicycle, or operate machinery

Proceed to the nearest emergency department if any of the following is observed in the next 24 to 48 hours:

Headache

- Drowsiness
- Severe headaches, not relieved by painkillers such as paracetamol
- Confusion
- Speech/Comprehension difficulty
- Blurred or double vision
- Persistent vomiting
- Dizziness
- Onset of deafness in one or both ears
- Loss of balance
- Difficulty in walking
- Weakness in one/both arms or legs
- Fits/Seizures
- Discharge of fluid from ears/nose



Pain

- Increased pain in any part of the body, not relieved by painkillers such as paracetamol

Movement

- Increased weakness or pain on movement

Bleeding (if there is a cut)

- Increased bleeding from the site of cut



Contributed by Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of March 2024 and subject to revision without prior notice.



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