

## Children's Emergency Department



# Head Injury (Adolescent): Discharge Information

You should be reading this with a responsible adult who will keep an eye on you until the time indicated by the doctor or nurse practitioner who discharged you. Although you have sustained an injury to the head, it is safe for you to leave the hospital. Certain symptoms related to the injury may continue for a few days or even develop after leaving the hospital, for example pain at the site of your injury, a mild headache, nausea, tiredness and loss of concentration. If you are very concerned about any of these symptoms in the first few days after discharge or they do not go away after two weeks you should go and see your GP.

### When should I seek medical advice?

- Unconsciousness, or lack of full consciousness (difficulty waking), any confusion or problems speaking (not knowing where you are, getting things muddled up), any drowsiness (feeling sleepy) that goes on for longer than one hour when you would normally be wide awake;
- Any weakness in one or both arms or legs;
- Any problems with your eyesight;
- Very painful headache that won't go away after adequate pain relief;
- Any vomiting (being sick);
- Any fits (collapsing or passing out suddenly);
- Clear fluids or blood coming out of their ear or nose, or deafness in one or both ears.



## Patient Information

### Things that will help you get better

If you follow this advice it should help you get better quicker and may help any symptoms you have go away.

- **Do** have plenty of rest, avoid stressful situations and try to sleep normally.
- **Do** try to maintain a normal diet, avoiding heavy meals and fizzy drinks.
- **Do not** play any contact sport (such as football or rugby) until your symptoms have fully resolved and stop immediately if you start to feel unwell.
- **Do not** return to your normal school, college or work activity until you feel you have completely recovered.
- **Do** make sure that there is a nearby telephone and that you stay within easy reach of medical help for the first 48 hours and **do not** stay at home alone for this time.
- **Do not** drive a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered.

### What medication can I have?

Paracetamol and or Ibuprofen (if applicable) to be given for pain.

Paracetamol 4-6 hourly last given at.....

Ibuprofen 6-8 hourly last given at.....

### Return to school/activity

You will need to inform the school or college that you have sustained a head injury and may need to refrain from certain activities to make sure full recovery.

### For further advice/information

- Call 111 (24 hours a day)
- Contact your GP
- Contact the Paediatric Department on 024 7696 6934

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6934 and we will do our best to meet your needs.

## Patient Information

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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