

## Children's Emergency Department

# Head Injury (Baby or Toddler): Parent/Carer Discharge Information



The person reading this should be the responsible adult who will be able to observe the baby/toddler from the time of leaving the department until the time indicated by the doctor or nurse practitioner who discharged him/her. Although your baby/toddler has sustained an injury to the head, it is safe for you to take him/her home. Certain symptoms related to the injury may persist for a few days or even appear after leaving the hospital, for example tiredness, quietness or slight irritability. If you are very concerned about any of these symptoms in the first few days after discharge or they do not go away after 2 weeks you should take your baby/toddler to see their General Practitioner.

### When should I seek medical advice?

- Unconsciousness, or lack of full consciousness (difficulty waking the baby/toddler up), any drowsiness (feeling sleepy) that goes on for longer than 1 hour when they would normally be wide awake;
- Change in behaviour or constant crying;
- Any weakness in one or both arms or legs;
- In ability to play as before, e.g. unable to pick up and hold objects;
- Any vomiting (being sick);
- Any fits/convulsions including twitching;
- Clear fluids or blood coming out of their ear or nose, or deafness in one or both ears.



## Patient Information

### **What medication can I give to my baby/toddler?**

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.....

### **Things that will help your baby/toddler get better**

If you follow this advice it should help your baby/ toddler get better quicker.

- **Ensure you observe your baby/toddler for at least 48 hours after leaving hospital.**
- **Do** encourage your baby/toddler to have plenty of rest.
- **Do** try to maintain the baby/toddler's normal diet.
- **Do not** keep him/her awake during usual sleep times and do encourage a normal sleep pattern.
- **Do** make sure that there is a nearby telephone and that your baby/toddler stays within easy reach of medical help for the first 48 hours.

### **Return to nursery/activity:**

You will need to inform the nursery that your child has sustained a head injury and may need to refrain from certain activities to ensure 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.

The Trust operates a smoke free policy.

#### **Document History**

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