

Children's Emergency Department



Head Injury (Child): Parent/Carer Discharge Information

The person reading this should be the responsible adult who will be able to observe the child from the time of leaving the department until the time indicated by the doctor or nurse practitioner who discharged him/her.

Although the child 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 child to their General Practitioner.

When should I seek medical advice?

- Unconsciousness, or lack of full consciousness (difficulty waking the child up), any confusion or problems speaking (not knowing where they are, getting things muddled up), any drowsiness (feeling sleepy) that goes on for longer than 1 hour when they would normally be wide awake;
- Any weakness in one or both arms or legs;
- Any problems with their eyesight;
- Very painful headache that won't go away;
- Any vomiting (being sick);



Patient Information

- 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.

What medication can I give to my child?

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 child get better

If you follow this advice it should help your child to get better more quickly and may help any symptoms they have go away.

- **Ensure you observe your child for at least 48 hours after leaving hospital.**
- **Do** encourage your child to have plenty of rest and avoid stressful situations.
- **Do** try to maintain the child's normal diet, avoiding heavy meals and fizzy drinks.
- **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 the child stays within easy reach of medical help for the first 48 hours.

Return to school/activity

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

Patient Information

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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