

Further information can be obtained from:

NHS 111	Dial 111
Or contact your GP	
Bluebell Ward, Lister Hospital, Stevenage	01438 284008
Children's A&E, Lister	01438 284333
QEII Urgent Care Centre, Welwyn Garden City	01707 247549
Lister Community Children's Nurses	01438 284012
QEII Community Children's Nurses	01438 288370
Patient Advice and Liaison Service	01438 285811

The information in this leaflet was taken from:

www.cks.nhs.uk

www.nice.org.uk

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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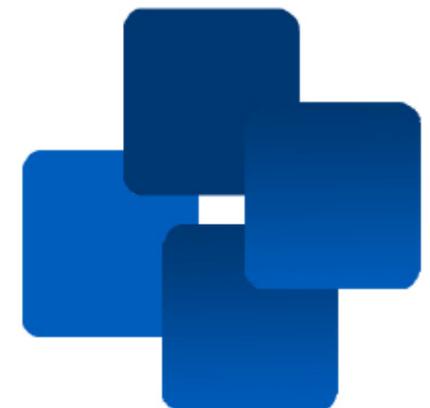
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Head Injury

Child Health

Patient Information Leaflet



This leaflet is to help you manage your child's head injury.

The doctor or emergency nurse practitioner (ENP) has thoroughly examined your child following his/her head injury and is satisfied that the injury is not serious and he/she is well enough to go home, under your care.

It is unlikely that your child will have any further problems and it is expected that recovery will be rapid and complete. However, any child who has had a head injury should be observed carefully for 24 hours.

Do expect that your child may:

- have a headache. Older children may complain of a headache, younger children may be quieter than usual. Paracetamol or Ibuprofen may be given to relieve this.
- be more tired than usual. Allow him/her to sleep if they want to, checking every couple of hours that your child is rousable and is reacting normally to you.
- feel generally miserable / off colour and lacking energy. Slight dizziness and sensitivity to noise and light may also occur.
- have a loss of appetite. Your child may be feeling a little sick, or just not want to eat anything.
- have poor concentration, being unable to concentrate for homework or not be as interested in toys and games as usual.

All symptoms should improve steadily and your child should be back to their normal level of activity within a few days. However, these symptoms can go on for a week or longer in some cases.

If symptoms do not go away after **two weeks** please take your child to see your GP.

Even after a minor head injury complications may occur although this is rare. Always seek medical advice if you are worried about your child's condition.

Abnormal symptoms

Call your doctor or bring your child to hospital **immediately** if **any** of the following symptoms develop:

- Sudden severe headache or trouble with vision.
- Persistent vomiting (more than twice).
- Becoming steadily more sleepy / difficulty to rouse from sleep.
- Appearing disorientated or confused, not being able to understand simple instructions.
- Crying more than usual, or being difficult to settle.
- Being irritable.
- Having any kind of abnormal limb movement e.g. body or facial twitching / a fit or loss of consciousness.
- Weakness or numbness in arms or legs.
- Fluid or blood loss from the ears.

You should:

- offer you child normal feeds / food and drink. Ensure they are drinking if not wanting to eat.
- allow him / her to sleep if they wish, making sure they are easily rousable to light touch or voice.
- avoid too much concentration e.g. homework, reading or watching TV. If they become irritable or complain of a headache stop the activity.
- **return to the emergency department if you are concerned.**

You should not:

- allow your child to engage in activities such as contact sport for three weeks. Discuss with the coach prior to returning to organised activities.
- return your child to school or nursery until symptoms have gone and your child has recovered.