



Head injury

After discharge it is unlikely that your child will develop any complications however if they experience any of the symptoms listed below we suggest you return to your nearest Emergency Department:

- Unconsciousness/ Inability to be woken
- Any confusion (not knowing where they 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 problems understanding or speaking.
- Any loss of balance or problems walking.
- Any weakness in one or more arms or legs.
- Any problems with eyesight.
- Very painful headache that will not go away with simple painkillers
- 3 or more episodes of vomiting (each episode should be separated by 30 minutes to count as a new episode).
- Any fits (collapsing or passing out suddenly).
- Clear fluid coming out of your ear or nose.
- Bleeding from one or both nostrils or ears.
- New deafness in one or both ears.

Things you shouldn't worry about

It is normal for your child to experience the following symptoms after a head injury; they may last for the next few days:

- Headaches – it is safe to give them painkillers
- Dizziness
- Nausea or feeling sick – this can be helped by regular small sips of water
- Difficulties with concentration
- Feeling tired, being irritable or having a bad temper

Try not to rush back to normal activities as this may delay your recovery but if these symptoms persist beyond 2 weeks we suggest you see your GP.

Things that will help you get better

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

- Do not leave them alone the first 48 hours after leaving hospital.
- Do make sure you stay within easy reach of a telephone and medical help.
- Do have plenty fluids & rest. Avoid stressful situations. Allow your child to nap as normal.
- Do give painkillers regularly if your child complains of headache. Start with Paracetamol first. Keep Ibuprofen only if not responding to Paracetamol.
- Do not let them take any alcohol or drugs.
- Do not let them use a computer, play computer games or use a handheld device until completely recovered. Concentrating on a screen may make their symptoms worse.
- Do not play any contact sport (for example rugby or football) for at least three weeks without talking to your GP first.
- Do not return to school or college until you feel you have completely recovered.

Long-term problems

Most people recover quickly from their accident and experience no long-term problems. However, some people only develop problems after a few weeks or months.

If you start to feel that things are not quite right (for example memory problems, not feeling well), then please contact your GP as soon as possible so that he/she can make sure that they are recovering properly.

Further information

More information is available on Clinical Knowledge Summaries:

<http://cks.nice.org.uk/head-injury>

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.