



## Accident and Emergency Department

# Discharge Information- Minor Head Injuries in Children

## Information for Parents and Carers

### Introduction

Your child has had a head injury and this factsheet aims to provide you with information on what to look out for and what to do when you are at home. Any child who has had a head injury should be carefully watched, especially for the two days following the injury.

**Do not** leave your child at home alone for the first 48 hours after leaving hospital.

### Is it okay to let my child sleep?

Yes, but you must check your child regularly to make sure they can talk and act normally. Before you go to bed, wake your child to check on them and then twice more during the night.

### What symptoms might my child have at home?

When you get home, your child may:

- Have a mild headache – this should be relieved with simple pain killers like paracetamol or ibuprofen
- Be miserable and grumpy
- Feel dizzy for a few hours
- Feel sick without actually vomiting
- Not remember things about the injury
- Have a poor memory and a short attention span
- Have problems sleeping
- Feel tired

If you are concerned about any of these symptoms in the first few days after discharge, then you should take your child to see your GP. If the symptoms do not go away after two weeks, then you should return to see your GP again

### When should I see immediate medical attention?

You should seek immediate medical attention if your child:

- Behaves in any way out of the ordinary
- Appears more confused or muddled
- Continues to vomit (more than two episodes)
- Is drowsy or has difficulty waking up
- Has a fit or collapses
- Is walking unsteadily
- Develops a boggy (squashy) swelling to the head
- Becomes irritable
- Has new problems with their eyesight or hearing
- Has clear fluid leaking from their nose or ears
- Is bleeding from their ear

These symptoms and signs are not always serious but your child will need assessment by a Health Care professional.

## Playing sports

Unless told otherwise by the Healthcare Professional in the Accident & Emergency Department, wait until your child has no symptoms for at least one week before they play sports at home or school. This includes football, rugby, bouncing on the trampoline, engaging in any rough play that may injure their head.

## Does my child need to be seen again?

The Healthcare Professional in the Accident & Emergency Department will indicate if your child needs to be seen again.

NO	YES
<p><b>Your child does not appear to have sustained concussion.</b></p> <p>If any new symptoms develop that you are worried about or if you require further information, please contact either:</p> <ul style="list-style-type: none"> <li>• Your GP</li> <li>• NHS Direct</li> <li>• the nearest Accident &amp; Emergency Department</li> </ul>	<p><b>Your child appears to have sustained concussion.</b></p> <p>We advise that your child sees their GP a week after the injury to check that recovery is progressing as expected.</p> <p>You should tell your child's teacher about the injury and ask the school to notify you of any changes in your child's behaviour.</p> <p>On rare occasions, there can be problems in the weeks or months after the head injury. If you see changes in your child you should notify your GP.</p> <p>Things to watch out for include:</p> <ul style="list-style-type: none"> <li>• Complaints of pain</li> <li>• Headaches</li> <li>• Trouble sleeping</li> <li>• Changes in behaviour</li> <li>• Problems with concentration, thinking, decision making or speaking</li> </ul>

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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