

# Advice for children following a head injury



**ACCIDENT & EMERGENCY  
DEPARTMENT DISCHARGE  
ADVICE**

## Advice for Children following a head injury

### General advice following a head injury

Your child has been examined after suffering a head injury, we now feel that he/she are well enough to leave the hospital.

However your child may experience some of the following symptoms:

- Mild headache
- Feeling sick (without vomiting)
- Dizziness
- Irritability or bed temper
- Problems concentrating or with their memory
- Tiredness and problems sleeping
- Lack of appetite

These symptoms should disappear within the next 2 weeks. If you are concerned about any of these symptoms in the first few days after their attendance or if they continue after 2 weeks, you should see a doctor.

### Long term problems

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

If you start to feel that things are not quite right with your child (e.g. memory problems or not feeling themselves) then please contact your doctor as soon as possible to check that they are recovering properly.

### Symptoms to look out for:

**If your child is affected by any of the following then you are advised to bring them back to the Emergency Department or get someone to take them to the nearest Emergency Department as soon as possible:**

- Unconscious or lack of full consciousness (e.g. problems keeping their eyes open).
- Any confusion (not knowing where they are, getting things muddled up).
- Any drowsiness that goes on longer than 1 hour when they would normally be wide awake.
- Any problems understanding or speaking.
- Any loss of balance or problems walking.
- Any weakness in one or both arms or legs.
- Any problems with eyesight.
- Very painful headache that won't go away.
- Any vomiting.
- Any fits (collapsing or passing out suddenly).
- Clear fluid coming out of the ears or nose.
- Bleeding from one or both ears.
- New deafness in one or both ears.
- Difficulty in waking the child up.

## Things that will help your child get better more quickly?

### DO's and DON'T's

- **DO** make sure your child stays within easy reach of a telephone and medical help.
- **DO** ensure they have plenty of rest and avoid stressful situations.
- **DO NOT** allow them to stay at home alone for the first 48 hours after leaving hospital.
- **DO NOT** take sleeping pills, sedatives or tranquillizers unless they are fully prescribed by a doctor
- **DO NOT** play contact sports for at least 3 weeks e.g. rugby, martial arts etc.
- **DO NOT** return to normal activities / return to school until you feel they are fully recovered. If you follow the above advice your child should get better more quickly and it may help any symptoms they have go away.

### PLEASE CONTACT US FOR FURTHER ADVICE

**If you notice any of the above or have any concerns please attend your local Accident & Emergency department.**

**Fairfield General Hospital – 0161 778 2896 / 0161 778 2891  
Rochdale Urgent Care Centre – 01706 517302 / 01706 517799  
North Manchester General Hospital – 0161 720 3623 / 0161 720 2617**

**EMERGENCY DEPARTMENT  
TEL: 0161 627 8926  
THE ROYAL OLDHAM HOSPITAL  
ROCHDALE ROAD, OLDHAM. OL12JH**