

Head Injury in Children

This leaflet offers more information about head injuries in children. If you have any further questions or concerns, please speak to the staff member in charge of your child's care.

What happens now?

Now that your child has been seen by the emergency medicine doctor we feel it is safe for him/her to leave the hospital. We have checked your child's symptoms and they seem well on the road to recovery. It is very unlikely that they will have any further problems.

You should return to the Children's Emergency Department if your child is:

- Confused
- Abnormally drowsy
- Having problems with speech or understanding
- Having problems walking
- Experiencing weakness in arms or legs
- Having problems with their eyesight
- Complaining of painful headaches that will not go away with analgesia (pain killers)
- Vomiting
- Experiencing any clear fluid or blood coming from their ears or nose
- Experiencing any new deafness in one or both ears.

Things you shouldn't worry about:

A mild headache, dizziness, a bad temper, problems concentrating, tiredness or a lack of appetite.

If you are concerned about any of these symptoms or they do not go away after two weeks you should contact The Children's Trust (contact details at the bottom). Alternatively see your GP.

Things you should do to make sure your child is well:

- Do not leave your child alone in the home for the first 48 hours after leaving hospital.
- Do encourage your child to have plenty of rest
- Do not let your child play any contact sport (for example, football) for at least two weeks, without talking to your doctor first
- If your child complains of pain or a headache it is safe to give them paracetamol or ibuprofen. You must follow the instructions that come with the medication carefully.

999 for an ambulance if your child is:

- Unconscious
- Has difficulty walking
- Confused
- Drowsy
- Having a seizure (fits).

Contact us

Email: bicsstgeorges@thechildrenstrust.org.uk

Telephone: 020 8725 2096 / 07710 085 874



Further information

Further information, including about returning to school and sports, can be found at

www.thechildrenstrust.org.uk/bics

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.