

Head Injury in Children

This leaflet provides 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 doctor, we feel it is safe for you 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.

Helpful Advice

- Do supervise your child closely for the first 24 hours after leaving hospital.
- Give paracetamol or ibuprofen if they complain of pain or a headache. Make sure to follow carefully the instructions that come with the medication.
- Encourage them to have plenty of rest and try to avoid stressful situations.
- Minimise screen time (TV, computers and mobile phones).
- Return to school or nursery only when symptoms have recovered.
- Speak with your child's teachers if they still have any symptoms when returning to school.
- DO NOT let your child play any contact sport (for example, football) for at least three weeks, without talking to your doctor first.
- DO NOT give sleeping pills, sedatives or tranquilisers unless they are prescribed by a doctor.

What to Look Out For

You should return to the Children's Emergency Department or call 999 if your child is:

- Confused and unaware of their surroundings
- Loses consciousness, becomes very drowsy or is very difficult to wake
- Having a seizure (fit)
- Having problems with speaking or understanding what you are saying
- Having problems walking or standing
- Experiencing weakness in arms or legs
- Having problems with their eyesight
- Complaining of painful headaches that will not go away with pain killers
- Vomiting repeatedly (more than twice at least 10 minutes apart)
- Experiencing any clear fluid or blood coming from their ears or nose.

Things you shouldn't worry about

- Mild headache or dizziness
- Feeling sick (without vomiting)
- Irritability or bad temper
- Difficulty concentrating or problems with their memory
- Tiredness or problems sleeping or a lack of appetite.

These can be symptoms of mild concussion and usually settle within about two weeks. If you are concerned about any of these symptoms or they do not improve you should contact your GP or The Children's Trust.

Long Term Problems

Most children recover quickly from their accident and experience no long-term problems. However, some may experience prolonged symptoms and other may only develop problems after a few weeks or months. If you start to feel that things are not quite right for your child (for example, memory problems, not feeling themselves), then please contact their GP as soon as possible so that we can check to make sure they are recovering properly.

Contact us

If you have any questions or concerns, please contact the Emergency Department on 020 8725 2666 and ask to be put through to the Paediatric Emergency Department.

Further Information

For more information on minor head injuries or concussion including returning to school and sports following a minor head injury please see:

- St George's Concussion – patient information leaflet
- The Children's Trust - [Concussion in children and young people | The Children's Trust \(thechildrenstrust.org.uk\)](https://www.thechildrenstrust.org.uk/concussion-in-children-and-young-people)
- Visit The Child Brain Injury Trust Website <https://childbraininjurytrust.org.uk>

Email: bicsstgeorges@thechildrenstrust.org.uk

Telephone: 020 8725 2096 / 07710 085874

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 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.



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