

## EMERGENCY DEPARTMENT AND MINOR INJURY UNITS

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### HEAD INJURY ADVICE

Advice for parents of children allowed home after a head injury

Does your child still feel unwell?

Often children can feel unwell after a head injury even when they are back home. Headache and vomiting are the most common symptoms after a head injury. If the headache is not relieved by children's Paracetamol (Disprol/Calpol) or becomes more severe in nature, then return to the Accident & Emergency Department.

Common symptoms are:

- Irritability or being easily annoyed
- Poor concentration
- Tiredness
- Poor sleep

If your child has any of these symptoms, DO NOT WORRY because they should clear up within a few days without any treatment.

But if he/she still has symptoms after one week you should see your own doctor. When children feel recovered they want to be active, you can allow this. If they want rest, they have not fully recovered and should be allowed to rest.

**Your child should not return to sporting activities if he/she continues to have any of the symptoms mentioned on this advice leaflet. Once their symptoms have resolved then a gradual return to normal and sporting activities should be done over a 3 week period. This is particularly important in contact sports such as football or rugby.**

Reviewed – GM March 2014

## FOR PATIENTS AFTER A HEAD INJURY

### Head Injury Warning

### Important things to look for after a head injury

(Advice for the person taking a child home from A & E Department)

Your **child** has suffered a head injury, but does not need to be admitted to a hospital ward. The doctor caring for your child believes that the injury is not serious. Very rarely, complications can develop as a result of a head injury. It is very important when caring for your child that you know the signs to look out for. Please watch him/her closely over the next few days or so, and follow this advice:

**1. Do not leave your child alone.**

**2. Make sure there is a nearby telephone and that the patient stays within easy reach of medical help.**

**3. Symptoms to look out for:**

- Is it difficult to wake the patient up?
- Is the patient very confused?
- Does the patient complain of very severe headache?
- Has the patient
  - Vomited?
  - Lost consciousness?
  - Complained of weakness or numbness in an arm or leg?
  - Complained about not seeing properly?
  - Had any watery fluid coming out of ears or nose?

If the answer to any of these questions is 'YES' or if you are worried about anything else, you should telephone the Accident & Emergency

Department on: 0141 314 7411 (RAH A&E Dept.)

0141 887 9111 (RAH Hospital)

01475 633777 (IRH Hospital)

**Or if you are very worried, take the patient straight back to the Accident & Emergency Department.**