

Patient information

Head injury – advice for parents and carers

We think that it is all right for your child to leave hospital now. We have checked their symptoms and they seem well on the road to recovery. When you get home, it is very unlikely that they will have any further problems.

If any of the following symptoms do return we suggest you take them to their nearest hospital Emergency Department (A&E) as soon as possible.

- Unconsciousness or lack of full consciousness e.g. problems keeping eyes open.
- Any confusion (not knowing where they are, getting things muddled up).
- Any drowsiness (feeling sleepy) that goes on for longer than 1 hour when they would normally be awake.
- Difficulty waking them up.
- Any problems understanding or speaking (slurred speech).
- Any loss of balance or problems walking.
- Any weakness in one or more arms or legs.
- Any problems with their eyesight (blurred vision).
- Very painful headache that won't go away.
- Any vomiting – being sick.
- Any fits, seizures, collapsing or passing out.

- Clear fluid coming out of their ear or nose.
- New bleeding from one or both ears.
- New deafness in one or both ears.

Things you shouldn't worry about

The following should disappear within the next 2 weeks, if they do not go away after 2 weeks you should take your child to see their G.P.

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

If you feel very concerned about any of these symptoms in the first few days after discharge you should take your child to their GP.

Things that will help your child get better

If you follow this advice it may help your child get better more quickly and help to control their symptoms.

- DO have plenty of rest.
- DON'T play any contact sport (e.g. football, rugby) for at least 3 weeks without talking to their doctor first.

- DON'T allow them to return to school until you feel they have completely recovered.
- DO ensure your child has extra supervision for the first 48 hours after leaving hospital.
- DO make sure that there is a nearby telephone and that your child stays within easy reach of medical help.

Further advice

If you are worried or need advice you can call the following departments who can best advise you on what to do:

- Rainbow ward 01284 713315 (24hrs a day)
- Your own GP / GP out of hours
- NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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