

When to seek immediate medical attention?

If you notice any of the following symptoms take your child to the nearest Emergency Department as soon as possible:

- Lifeless, unconsciousness, drowsy or difficult to wake
- Confused or unaware of their surroundings
- Has difficulty speaking or understanding what you are saying
- Bad headache that doesn't go away (despite painkillers such as paracetamol) and is getting worse
- Vomiting three or more times after the head injury (or more than normal in a baby)
- Has weakness in their arms or legs or are losing their balance
- Has had a convulsion or fit
- Clear fluid coming out of the nose or ears
- Problems with eyesight
- New deafness in one or both ears.

People you can contact are

GP Surgery on:
(Please insert your own surgery number here)

GP Out-of Hours: (After 6.30pm and before 8am). Ring **111** and you can speak to a doctor. If necessary, your child can be seen at one of their centres.

Bristol City Walk-in Centre at Broadmead Medical Centre located in Boots (Mon-Sat 8am-8pm, Sundays and Bank Holiday 11am-5pm) on: **0117 954 9828**

South Bristol NHS Community Hospital Urgent Care Centre (Every day 8am-8pm) on: **0117 342 9692**

Visit www.nhs.uk to find your nearest centre.

If your child is seriously ill, you may be asked to attend the Children's Hospital Emergency Department.

For further copies of this leaflet, or if you would like it in other formats or languages, please contact 0117 900 2384.

Produced in partnership with Bristol Clinical Commissioning Group, North Bristol NHS Trust and University Hospitals Bristol NHS Foundation Trust.

End date: June 2016

Parent's guide to head injury



Your child has had a head injury and we are happy that it is safe for you to take them home. We do not think that they will have any further problems. However, it is important that you keep a close eye on your child (or leave them with a responsible adult) for the next 48 hours and do not leave them at home alone.



What to expect after a head injury?

Expect your child to feel generally miserable and off colour. These feelings may include:

- Feeling sick (without actually vomiting)
- Dizziness
- Mild headache (especially whilst watching TV or playing computer games)
- Bad temper
- Problems concentrating
- Tiredness or trouble getting to sleep
- Lack of appetite.

If these symptoms do not settle after 2 weeks then you should take your child to your GP.

Looking after your child following a head injury

Expect your child to be more tired than usual and allow them to sleep if they want to. You should check that they react normally to their sleep being disturbed every hour or so for the first few hours and then a couple of times over the first night.

Your child will need to rest and may need to have some time away from games, school and physical activities. Do not allow them to play any sport where there is a risk of another head injury for at least 3 weeks without talking to their GP first.

They may have a headache and need to take painkillers such as paracetamol for a few days after their head injury.

For babies, ensure plenty of rest and avoid stressful situations. Try to stick to your baby's normal routine as much as possible as this will make it more obvious if they are behaving strangely. Your baby should be alert and easy to wake from sleep. Offer your baby milk feeds as normal.

In toddlers avoid vigorous play and offer a light diet avoiding sweets/chocolates and fizzy drinks.

Only allow older children back to school once you feel that they have completely recovered from their head injury.

