

Post hospital care

- Once you have been seen by one of our doctors or nurses you will be discharged home.
- Remember to give your child regular Calpol and ibuprofen, and ensure they are drinking enough fluids at home.

Long term complications

- These are very rare events:
- Most patients recover quickly from their head injury; however some patients only develop problems weeks or months after the initial head injury.
- If you believe your child is still not quite right, and having problems with memory, concentrating or tiredness, please contact your GP to arrange follow up.

Resources/contacts

- Your local pharmacy - www.nhs.uk.
- Your GP surgery - please contact your GP when the surgery is open, and call 111 when the GP is closed.
- NHS 111 provides advice for urgent care needs and is open 24hrs a day. They can arrange urgent GP appointments and calls from landlines and mobiles are free.
- NHS Choices - www.nhs.uk.
- www.whittington.nhs.uk.

Reference:

NICE 'head injury' clinical guidelines
www.guidance.nice.org.uk.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.



Discharging Children after a Head Injury

A parent's guide

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Introduction

Your child has suffered a head injury, but the doctor/ENP doesn't feel that they need to stay in hospital for any further treatment or observations. It is unlikely that they will have any other problems; here are a few pointers to help you make rational decisions at home.

When to worry?

- If you are concerned your child's condition is worsening, please follow the traffic light advice.
- If your child is under eight weeks (or pre immunisations), seek help immediately.
- If your child is under 12 weeks old, contact your GP or call 111 for urgent advice.

What will aid recovery at home?

- Ensure your child gets plenty of rest and avoids stressful situations.
- Do not administer any sleeping tablets or sedatives unless they have been prescribed.
- Give your child regular paracetamol or ibuprofen for the next 24hrs.
- Let your child go to sleep at a normal time (the majority of children will be tired post head injury, this is normal) but check on them before you go to bed and once overnight.
- Do not leave the child alone for the first 24 hours post head injury.
- If your child has suffered a concussion, do not allow them to play contact sports for at least three weeks, and speak to your GP first.

- Let your child return to school and carry on as normal if you are happy they are back to their original self

If the problems persist for more than two weeks, please make an appointment with your GP.

You need EMERGENCY help in your local Accident & Emergency - call 999

- Your child becomes unresponsive or very difficult to rouse.
- Drowsiness that goes on for longer than 1 hour when they would normally be wide awake (for example, not at their normal bedtime).
- Vomiting - more than 2 separate episodes.
- Any problems understanding or forming sentences/speaking.
- Loss of balance, or weakness in the arms or legs.
- Painful headaches that won't go away despite medications, problems with vision.
- They have a fit.
- Clear fluid coming out of their ear or nose, or bleeding from the ear.

You need to contact a doctor/nurse today. Ring the GP, if they are closed call 111

- Your child is not improving despite intervention and you are generally worried.
- Mild headaches.
- Feeling sick, but not actually vomiting.
- Some problems with concentrating, tiredness or problems sleeping.
- Dizziness.
- Irritability and bad temper.

These symptoms are often associated with a mild concussion, so may be expected.

Self Care - use advice on this leaflet, contact 111 or NHS choices for advice

- Your child reacts well to Calpol or ibuprofen, you can administer this regularly for the duration of their illness.
- Your child has been happy, interactive and playing as usual post head injury.
- Your child is eating and drinking with no nausea or vomiting.