

If you require further advice  
or are not sure then please  
contact your GP or phone  
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## Head Injury in a Child

This leaflet can be made available  
in alternative languages / formats  
on request.

*如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać  
udostępniona  
w innych językach/formatach.

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## What to expect

Your child has been examined today and we feel that it is right for him / her to leave hospital. However he / she may experience some of the following symptoms:

- **Mild Headache**
- **Feeling sick**
- **Dizziness**
- **Problems concentrating or problems with their memory**
- **Tiredness**
- **Lack of appetite**
- **Problems sleeping**

These symptoms should disappear within 5 days. If you are concerned about any of these symptoms in the first few days after their attendance, or if they continue after 5 days, you should contact their GP

## When to return to A+E

If your child has any of the following symptoms, you are advised to bring them back to the Emergency Department as soon as possible:

- **More than 1 vomiting episode**
- **Very painful headache that will not go away despite pain killers**
- **Unconscious or lack of full consciousness (for example problems keeping eyes open)**
- **Any confusion (not knowing where they are, getting things muddled up)**
- **Any drowsiness that goes on for longer than one hour when they would normally be wide awake**
- **Any problems understanding or speaking**
- **Any loss of balance or problems walking**
- **Any weakness in one or both arms or legs**
- **Any problems with eyesight**
- **Any fits (collapsing or blacking out suddenly)**
- **Clear fluid coming out of their ear or nose**
- **Bleeding from one or both ears**
- **New deafness in one or both ears**

## Helping your child recover

- Do not allow your child to stay at home alone for the first 24 hours after leaving hospital
- Make sure your child stays within easy reach of a telephone and medical help
- Encourage your child to have plenty of rest and avoid stressful situations
- Do not give your child sleeping pills, sedatives or tranquilisers unless they are prescribed by a Doctor
- Do not let your child play any contact sports (for example rugby or football) until 3 weeks after symptoms settle
- Do not let your child return to school until you feel they have completely recovered