

# Caring for your child after they have hurt their head

Children's Emergency Department

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Information for Patients, Parents & Carers

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## Introduction

Your child has had a head injury and the medical team at the Emergency Department feel they are safe to be discharged home. The information in this leaflet will help you care for your child at home.

## What is a head injury?

A head injury is any form of knock or bang to the head. Head injuries are one of the most common injuries seen in the Children's Emergency Department.

Most head injuries are not serious but it is important to keep a close eye on your child for 48 hours.

## What can we expect after the injury?

Give your child pain relief such as paracetamol or ibuprofen if they complain of pain or appear unsettled.

It is normal for your child to feel drowsy after a head injury. You can let them sleep but check that you can wake them (rousable) by gently shaking their shoulder. Normally a child will respond by moving or murmuring.

Your child may get some symptoms over the next few days which should disappear within 2 weeks. These include:

- a mild headache.
- feeling sick without vomiting (nausea).

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

- dizziness.
- irritable or bad temper.
- problems concentrating or problems with their memory.
- feeling tired.
- lack of appetite.
- problems sleeping.

These symptoms can be more marked if your child has been diagnosed with a concussion. You will be given separate information about this if this is the case.

**You should see your GP if these symptoms do not go away after 2 weeks or get worse.**

## What symptoms should I worry about?

Once discharged from hospital it is important to watch for the symptoms detailed below.

**If any of these occur, please seek medical advice.**

<b>Babies and toddlers:</b>	
<ul style="list-style-type: none"> <li>• Seizure, fit or convulsion</li> </ul>	Call 999 immediately
<ul style="list-style-type: none"> <li>• Constant crying</li> <li>• Irritable or quiet</li> <li>• Sleeping more than usual / difficult to wake</li> <li>• Refusing feeds</li> <li>• Swelling to the head</li> <li>• Soft spot on your child's head (fontanelle) feels raised more than usual</li> </ul>	Return to the Children's Emergency Department

<b>Older children:</b>	
<ul style="list-style-type: none"> <li>• Seizure, fit or convulsion</li> <li>• Very drowsy and not responding to movement or talking</li> </ul>	Call 999 immediately
<ul style="list-style-type: none"> <li>• Persistent vomiting</li> <li>• Severe headache, or headache which does not get better with pain relief</li> <li>• Dizziness (this may present with vomiting or not wanting to move)</li> <li>• Unsteady on their feet / clumsy</li> <li>• Blurred vision</li> </ul>	Return to the Children's Emergency Department
<ul style="list-style-type: none"> <li>• Unwell symptoms lasting more than 2 weeks</li> </ul>	Arrange to see your GP

## Contact details

If you have any concerns you can contact the NHS helpline on 111 for advice.

## Giving us your feedback

We would love to get some feedback on your visit today. Use your smart phone to scan this QR code for quick access to our online feedback survey form.



Alternatively, you can access the feedback form from our website:

<https://www.leicestershospitals.nhs.uk/patients/thinking-of-choosing-us/patient-experience/>

