

Head injury advice (over 12 years of age)

Patient information leaflet

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If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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

Notes

However, if any of the following symptoms occur we suggest you take your child to their nearest hospital A&E Department 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 wide awake.
- Difficulty to wake them up.
- Any problems understanding or speaking.
- Any loss of balance or problems walking.
- Any weakness in one or both arms and/or legs.
- Any problems with their eyesight.
- Very painful headache after pain relief that will not go away.
- Any vomiting – getting sick.

Notes

- Any fits (collapsing or passing out suddenly).
- Clear fluid coming out of their ear or nose.
- New bleeding from one or both ears.
- New deafness in one or both ears.

Things that will help your child get better:

Do have plenty of rest and avoid stressful situations.

Do make sure that there is a nearby telephone and that your child stays within easy reach of medical help.

Do not take sleeping pills, sedatives or tranquilisers unless they are given by a doctor.

Do not play any contact sport (e.g. rugby or football) for at least 3 weeks without talking to their doctor first.

Do not allow your child to return to school until you feel they have completely recovered.

Do not leave your child alone in the home for the first 48 hours after leaving hospital.

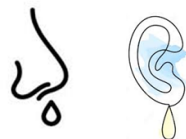
Long term problems:

Most patients recover quickly from their accident and experience no long-term problems. However, some patients only develop problems after a few weeks or months.

If you start to feel that things are not quite right for your child (e.g. memory problems, not feeling themselves), contact their doctor as soon as possible so that he/she can make sure your child is recovering properly.

Look out for these symptoms:

- Drowsy or confused.
- Headache or blurred vision.
- Vomiting.
- Leaking of fluid from Ears or Nose.
- Seizures-(fits/convulsions).



Things you should not worry about:

Your child may experience other symptoms over the next few days which should disappear within the next 2 weeks.

These include:

- A mild headache.
- Feeling sick (without vomiting).
- Dizziness.
- Irritability or bad temper.
- Problems concentrating or problems with their memory.
- Tiredness or problems sleeping.
- Lack of appetite.

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

If these problems do not go away after 2 weeks, you should take your child to see their doctor.