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**PAEDIATRIC A & E
ADVICE CARD 21**

Information Leaflet About Head Injury - Babies & Small Children

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PAEDIATRIC A & E DEPARTMENT
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Head Injury Babies & Small Children- Advice For Parents

We think that it is all right for your child to leave hospital now. We have checked their symptoms and they seem well on the road to recovery. It is very unlikely that they will have any further problems.

Things that will help your child get better

If you follow this advice it should help your child get better more quickly and it may help any symptoms they have to go away.

Do encourage your child to have plenty of rest and avoid stressful situations. Feed them or let them eat and drink light things.

Do not give them sleeping pills, sedatives or tranquillisers unless they are prescribed For your child by a doctor.

X Do not give them any medicine which will make them sleepy.

Things you should do to make sure your child is okay

Do not allow them to return to school/nursery until you feel they have completely recovered.

Do not leave your child unsupervised for the first 48 hours after leaving hospital.

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

Continued over.

A & E Telephone: 01695 656674
NHS DIRECT: 0845 46 47

Please retain this card for future reference.

If your child is affected by any of the following, we suggest you bring them back or take them to their nearest hospital emergency department as soon as possible:

- unconsciousness, or lack of full consciousness (for example, 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 waking the child up
- any problems understanding or speaking, or can't see properly
- any loss of balance or problems walking
- any weakness in one or both arms or legs
- very painful headache that won't go away
- any vomiting more than once
- any fits (collapsing or passing out suddenly)
- clear fluid coming out of their ear or nose
- bleeding from one or both ears

Things you shouldn't worry about:

Your child may feel some other symptoms over the next few days which should disappear in 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, lack of appetite or problems sleeping. 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, take your child to see their doctor.

Telephone number to call at the hospital _____

Long-term problems

Most people recover quickly from their accident and experience no long-term problems. However, some only develop problems after a few weeks or months. If you start to feel that things are not quite right for your child (for example, memory problems, not feeling themselves), please contact their doctor as soon as possible so that he or she can check to make sure they are recovering properly.

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