



Southport and  
Ormskirk Hospital  
NHS Trust

## **ADVICE FOR PARENTS**

# **Head Injury - Child**

Paediatric A&E

Your child has had a head injury but does not need to stay in hospital. X-rays are unnecessary after most head injuries in children.

### **YOU SHOULD:**

- ✓ Try to keep your child resting quietly when you get home, but you can give them things to do if they feel like it.
- ✓ Give your child a medicine, such as Paracetamol or Ibuprofen, to relieve a mild headache.
- ✓ Let your child go to bed at the normal time, but before you go to bed you should wake them to make sure that they are alright. You may wish to check on your child during the night.
- ✓ Let your child go to school and carry on as normal if they are alright.

### **YOU SHOULD NOT:**

- ✗ Do not give them any medicine which will make them sleepy.

**Watch your child for the next 2-3 days and take them to your nearest Accident & Emergency Department or phone us on 01695 656674 if:**

- They have a very bad headache that does not get better after they have taken medicine.
- They become more sleepy than usual or they are hard to wake up.
- They are sick more than twice.
- They find it difficult to walk.
- They act differently.
- Their body or face start to twitch.
- They find it hard to talk, walk or balance, or have arm or

leg weakness.

- They act differently or appear confused or muddled.
- Their body or face starts to twitch or they “pass out” or collapse.
- Any fluid or blood coming from their ears or any problems with vision.
- **You are worried about them.**

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.**

Headway is a charity involved in brain injury care.

For any further information, look at [www.headway.org.uk](http://www.headway.org.uk) or call Headway’s free helpline on 0808 808 2244.

**A&E Telephone: 01695 656674**  
**NHS 111**

*Please retain this leaflet for future reference*

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:  
[southportandormskirk.nhs.uk/FFT](https://southportandormskirk.nhs.uk/FFT)

**Thank you**

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