



Head Injury Advice For Under 5 years

Patient information Leaflet

June 2019

Introduction

Your child has now been assessed and is well enough to go home. When you get them home it is very unlikely that they will have any further problems. If any of the following symptoms are present you need to bring them back to the nearest hospital emergency department immediately:

- Should your child look lethargic (feeling sleepy) or unwell, that lasts for longer than one hour when they would normally be wide awake
- Double vision
- Vomiting
- Difficulty waking your child up
- Unconsciousness, or lack of full consciousness (for example, problems keeping eyes open)
- Any confusion (not knowing where they are, getting things muddled up)
- Any problems understanding or speaking
- Any loss of balance or problems walking
- Any weakness in one or more arms or legs
- Any problems with their eyesight
- Very painful headache that won't go away
- Any fits (collapsing or passing out suddenly)
- Clear fluid coming out of their ear or nose
- Bleeding from one or both ears
- New deafness in 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;

- 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 or they do not go away after 2 weeks, you should take your child to their GP.

Things that will help your child get better

Baby (under 1's)

1. Offer milk feeds as normal (it may be of benefit to offer small frequent volumes initially to reduce risk of vomiting) and light weaning diet if your child is on solids (try to avoid rich foods).
2. Your baby should be alert as usual and easily woken from sleep.

Toddler

1. Offer light diet.
2. Avoid sweets and chocolate.
3. Keep your toddler as quiet as possible at home; no outdoor or vigorous play as this may result/cause vomiting.

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 (for example, memory problems, not feeling themselves), then please contact your GP as soon as possible so that they can check to make sure your child is recovering properly.

If you have any concerns about your child's condition please contact your GP or 111

If you require this leaflet to be printed in to any other language please contact the Ethnic Health team on 0161 922 5150.

Source of Good Practice

References.

NICE (2014) Head Injury: triage, assessment, investigation and early management of head injury in infants, children and adults

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

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Document control information

Author: C.Casey
Division/Department: Paediatrics
Date Created: 2013
Reference Number:
Version: 3.1