

Child head injury advice

PAC Code: 103

Your child's symptoms should settle over the next 2 weeks, but if persistent you should consult your doctor.

- Bright lights and loud noises should be avoided.
- Watching television or playing sports should be avoided until symptoms subside.

Should your child's symptoms get worse, or you notice any of the following:

- An increasing headache

- Vomiting more than twice

- Double or blurred vision

- Dizziness or lack of co-ordination

- Tremors, fits, numbness or weakness of arms or legs

- Excessive drowsiness, difficulty in waking up your child or unconsciousness

- Blood or clear fluid leaking from the nose or ear

call for an ambulance immediately or attend the nearest A&E department

In cases of minor head injury it is not always necessary to go to hospital, however you should be aware that your child's condition could worsen and he/she may then need hospital treatment.

The following advice is given to help you understand the effects of a head injury and help you recognise when you should seek further help.

- Mild headaches and vomiting are not unusual after a minor head injury. A simple painkiller should be given in the dose stated on the packaging. Clear fluids will reduce the risk of vomiting.

- Check your child hourly during the day, waking him/her if necessary to ensure that they are fully rousable. There is no need to wake him/her more than once during the night to observe.

- There is no need to keep your child awake all the time as sleep is an important aid to recovery.