

**Watch your child for the next 3–4 days and take them to the Emergency Department at Ipswich Hospital (tel: 01473 702035) or telephone PAU on 01473 702198 (8.30 am–10.30 pm) if:**

- he or she has a very bad headache not relieved by paracetamol (Calpol®);
- he or she becomes more sleepy than usual or are hard to wake up;
- he or she is sick more than three times;
- he or she finds it hard to walk;
- he or she acts differently;
- he or she suddenly gets a high temperature or chill;
- he or she complains of fuzzy vision;
- he or she has a nose bleed or you see clear fluid coming from their ear(s); or
- he or she appears to have a fit (seizure).

**If this happens, call an ambulance, do not drive your child to hospital.**

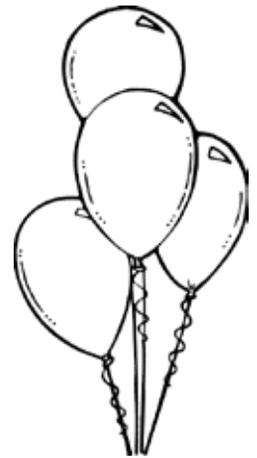
Most children fully recover from a head injury. Some children have late onset of symptoms or symptoms that persist. If this occurs, please seek advice from your child's GP.

Produced by:

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The Ipswich Hospital **NHS**  
NHS Trust

# Head Injury Advice Leaflet



Information for patients

DPS ref: 04282-15(RP)

**Paediatric Assessment  
Unit (PAU)**

**Tel: 01473 702198**

**Bergholt Ward**

**Tel: 01473 702194**

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## **Head injury (babies and toddlers)**

Your baby or toddler has a head injury, but the doctor feels that he or she does not need to stay in hospital.

### **For both babies and toddlers**

It is fine to give your child paracetamol suspension (Calpol®) if necessary.

Let your child go to bed at the normal time, but wake them before you go to bed and once more during the night, to make sure they are OK.

### **For a baby**

#### **You should:**

- offer him or her their normal feeds.

### **For a toddler**

#### **You should not:**

- let your toddler join in any vigorous games, especially those requiring balance.

***Watch your baby or toddler for the next 3–4 days and take them to the Emergency Department at Ipswich Hospital (tel: 01473 702035) or telephone PAU on 01473 702198 (8.30 am–10.30 pm) if:***

- he or she becomes more sleepy than usual or is hard to wake up;
- he or she cries constantly;
- he or she is sick more than three times;
- he or she is unsteady on their feet or cannot grip/grasp properly;
- he or she acts differently;
- he or she develops a sudden high temperature or chill;

- he or she has a nose bleed or you see clear fluid coming from their ear(s);
- you are worried about him or her; or
- he or she appears to have a fit (seizure).  
**If this happens, call an ambulance, do not drive your child to hospital.**

**Please remember:** For the next couple of hours your baby or toddler will probably be pale, quieter than usual and irritable. This is normal and you should try not to worry too much.

## **Head injury (children over five years old)**

Your child has a head injury, but the doctor feels he or she does not need to stay in hospital.

#### **You should:**

- try to keep your child resting quietly when you get home;
- give your child paracetamol suspension (Calpol®) to relieve a mild headache;
- let your child go to bed at the normal time, but wake him or her before you go to bed and once more during the night, to make sure they are OK;
- let your child go to school and carry on as normal if they feel alright. Inform your child's school that they have had a head injury;
- let your child eat and drink normally; and
- make sure your child has direct adult supervision for 24 hours after his or her discharge from hospital. →