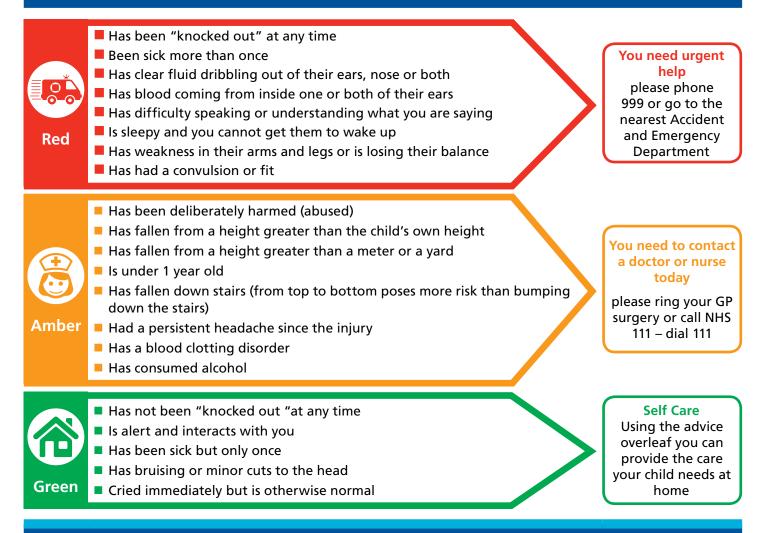
Head Injury Advice Sheet

Name of Child	Age	Date / Time advice given
Further advice / Follow up		

Name of Professional Signature of Professional

How is your child?



Some useful phone numbers



GP Surgery (make a note of number here)

NHS 111 dial 111 (available 24 hrs - 7 days a week)

Gloucester Health Access Centre 01452 336290 (Open from 8am to 8pm, 7 days a week including bank holidays) GP Out of Hours Service: appointments booked via the NHS 111 service (Open from 6.30pm to 8am on weekdays and bank holidays)

For online advice: NHS Choices www.nhs.uk (available 24 hrs – 7 days a week)

If you need language support or translation please inform the member of staff to whom you are speaking. For more copies of this document, please email:

Head Injury Advice Sheet

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.
- Do not give them sleeping pills, sedatives or tranquilisers unless they are prescribed for your child by a doctor.

Self care

- Clean any wound with tap water.
- If the area is swollen or bleeding apply pressure.
- Give your child children's liquid paracetamol or ibuprofen if they are in pain. Always follow the manufacturers' instructions for the correct dose.
- Observe your child closely for the next 2-3 days and check that they are behaving normally and they respond to you as usual.
- If the area is swollen or bruised, try placing a cold facecloth over it for 20 minutes every3-4 hours.
- Make sure your child is drinking enough fluid water is best, and lukewarm drinks can also be soothing.
- Keep the room they are in at a comfortable temperature, but well ventilated
- It is OK to allow your child to sleep, but observe them regularly and check they
 respond normally to touch and that their breathing and position in bed is normal.
- Give them plenty of rest, and make sure they avoid any strenuous activity for the next
 2-3 days or until their symptoms have settled.
- You know your child best. If you are concerned about them you should seek further advice.

These things are expected after a head injury

- Intermittent headache especially whilst watching TV or computer games
- Being off their food
- Tiredness or trouble getting to sleep
- Short periods of irritability, bad temper or poor concentration

May last several weeks.

Do not let them play any contact sport (for example, football) for at least 3 weeks without talking to their doctor first.