

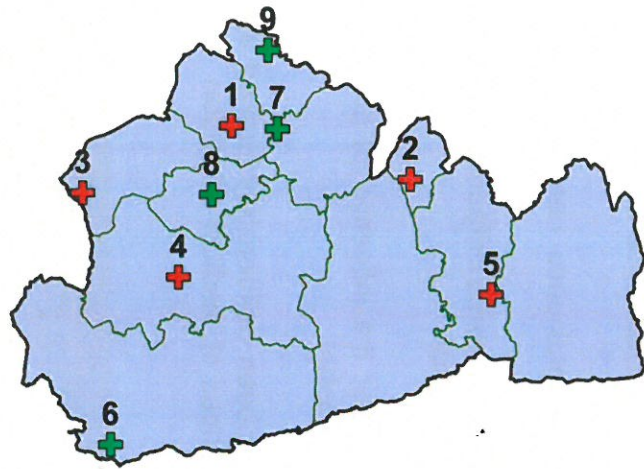
Caring for your child at home & / or on discharge from hospital

- Clean any wound with tap water.
- If the area is swollen or bleeding, apply pressure for 5-10 minutes. If continues to bleed, keep applying pressure or seek medical advice.
- If in pain give paracetamol or ibuprofen. Always follow the manufacturers' instructions for the correct dose and form.
- Observe your child closely for the next 2-3 days and check that they are behaving normally and they respond to you as usual.
- 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 your child plenty of rest, and make sure they avoid any strenuous activity for the next 2-3 days or until their symptoms have settled.
- Following a head injury, do NOT play ANY contact sport (for example football) for at least 3 weeks without talking to your doctor first.
- You know your child best. If you are concerned about them you should seek further advice.

Do not worry unduly - these things are expected after a head injury and may last up to two weeks:

- Intermittent headache especially whilst watching TV or computer games
- Being off their food or feeling sick (without vomiting)
- Tiredness or trouble getting to sleep
- Short periods of irritability, bad temper or poor concentration

Hospitals, minor injuries units (MIU) and walk-in centres



© Crown copyright and database rights 2014 Ordnance Survey 100019613

- 1 St. Peter's Hospital A & E: Guildford Road, Chertsey, KT16 0PZ
- 2 Epsom Hospital A & E: Dorking Road, Epsom, KT18 7EG
- 3 Frimley Park Hospital A & E: Portsmouth Road, Frimley, GU16 7UJ
- 4 Royal Surrey County Hospital A & E: Egerton Road, Guildford, GU2 7XX
- 5 East Surrey Hospital A & E: Three Arch Road, Redhill, RH1 5RH
- 6 Haslemere Minor Injuries Unit: Church Lane, Haslemere, GU27 2BJ
- 7 Weybridge NHS Walk-in Centre: 22 Church Street, Weybridge, KT13 8DY
- 8 Woking NHS Walk-In Centre: Heathside Road, Woking, GU22 7HS
- 9 Ashford Walk-In Centre: Ashford Hospital, London Road, Ashford, Middlesex, TW15 3FE

Check opening times of walk-in centres online before you leave

Date of Publication: August 2014 / Review Date: August 2016 Designed by Door 22 Creative



SURREY



Head Injury in Children and Young People

Advice for Parents and Carers

2015 UPDATED

Child/Young Person's Name

Advice Given By

Location of Injury

Date

Time