

Caring for your child at home

- 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.
- 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

- 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.

Head wounds rarely need stitches and can normally be glued by a health professional. This can be done in Minor Injury Units or Urgent Treatment Centres and some GP practices offer a minor injuries service.

Head injury advice for parents and carers

This leaflet is to help to advise on how best to care for a child who has a bump/injury to the head. Please use the 'Caring for your child at home' advice section and the traffic light advice overleaf to help you.

Most children can be managed according to the green guidance especially if they are alert and interacting with you. It is important to watch the child for the next 2–3 days to ensure that they are responding to you as usual.

Contact information:

Surrey & Sussex Hospital NHS Trust, Redhill
Switchboard 01737 768 511

Crawley Hospital Urgent Treatment Centre
Telephone 01293 600 300 Ex 4141

Queen Victoria Hospital Minor Injuries Unit
East Grinstead
Telephone 01342 414 375
Open 8am–10pm, 7 days

Minor injuries units:

Purley Minor Injuries Unit (babies and children)
856 Brighton Road, Purley, Surrey CR8 2YL
Telephone 0208 401 3000
www.croydonhealthservices.nhs.uk

Edenbridge Minor Injuries Unit (over 1 year old)
Mill Hill, Edenbridge, Kent TN8 5DA
Telephone 01732 863164
www.kentcht.nhs.uk

For more copies of this document (in colour), for more information and to feedback, please email us via our website:
www.eastsurreyccg.nhs.uk



Head injury Advice for parents and carers

Traffic light advice

Red: high risk

If your child has any one of these symptoms:

- is sleepy and you cannot wake them
- has been 'knocked out' at any time
- has neck pain
- has been sick more than once
- has difficulty speaking or understanding what you are saying
- has weakness in their arms and legs or are losing their balance
- has a convulsion or a fit
- has had clear or bloody fluid dribbling from their nose, ears or both since the injury
- cannot remember events around or before the accident

Phone **999** for an ambulance or go straight to the nearest **Hospital Emergency Department** if **any** of these symptoms are present

Amber: intermediate risk

If your child

- has fallen from a height greater than the child's own height or fallen from more than a metre or a yard and has no red high risk features (see left)
- has been involved in a road traffic accident and has no red high risk features
- has been deliberately harmed and in need of medical attention
- is under one year old

Seek immediate medical advice from your **GP** when they are open or call **111** if your GP is not open or take your child to the nearest **Hospital Emergency Department** if **any** of these features are present

Green: low risk

If your child

- cried immediately (after head injury) but is otherwise normal
- is alert and interacts with you
- has not been 'knocked out'
- has been sick but only once
- has bruising or minor cuts to their head

If all the above have been met then **manage at home** following the advice overleaf or if you are concerned contact your **GP** when they are open or call **111** when your GP surgery is not open

NHS111 is a service available 24 hours a day, 365 days a year to make it easier for you to access NHS healthcare services in England. Dial 111 when you need medical help fast but it is not a 999 emergency.

Based on: Head injury – Triage, assessment, investigation and early management of head injury in infants, children and adults 2007 NICE clinical guideline 56