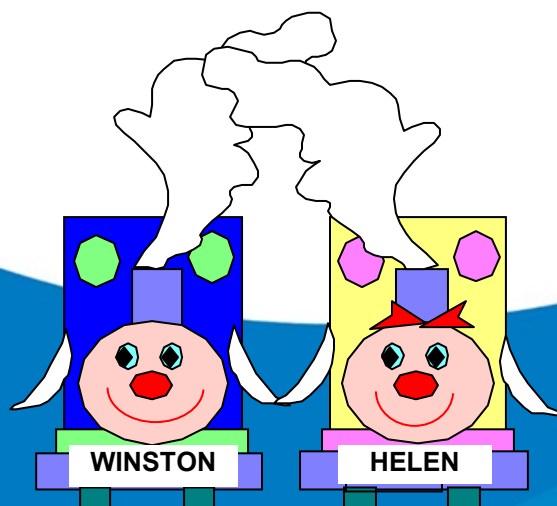


Head injury advice over 12 Years

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.



We feel it is safe for you to leave hospital now.

We have checked your symptoms and you appear well on the road to recovery.

When you get home it is very unlikely that you will have any further problems.

However, if any of the following symptoms occur we suggest you come back, or get someone to take you to your nearest hospital A&E Department as soon as possible:

- Unconsciousness or lack of full consciousness (e.g. problems keeping eyes open)
- Any confusion (not knowing where you are, getting things muddled up)
- Any drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake
- Any problems understanding or speaking
- Any loss of balance or problems walking
- Any weakness in one or more arms or legs
- Any problems with your eyesight
- Very painful headache that won't go away
- Any vomiting – getting sick
- Any fits (collapsing or passing out suddenly)
- Clear fluid coming out of your ear or nose
- New bleeding from one or both ears
- New deafness in one or both ears

Things you should not worry about

You may experience other symptoms over the next few days which should disappear within the next 2 weeks. These include a mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating or problems with your memory, tiredness, lack of appetite or problems sleeping. If you feel very concerned about any of these symptoms in the first few days after discharge, you should go and see your own doctor to talk about them.

If these problems do not go away after 2 weeks, you should take yourself/your child to see a doctor.

Things that will help you get better

If you follow this advice you should get better more quickly and it may help any symptoms you have to go away.

Do not stay at home alone for the first 48 hours after leaving hospital

Do make sure you stay within easy reach of a telephone and medical help

Do have plenty of rest and avoid stressful situations

Do not take any alcohol or drugs

Do not take sleeping pills, sedatives or tranquilisers unless they are given by a doctor

Do not play any contact sport (e.g. rugby or football) for at least 3 weeks without talking to a doctor first

Do not return to normal school, college or work activity until you feel you have completely recovered

Do not drive a motorbike or ride a bicycle, or operate machinery unless you feel you feel you have completely recovered

Long-term problems

Most patients recover quickly from their accident and experience no long-term problems.

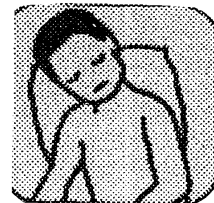
However, some patients only develop problems after a few weeks or months.

If you start to feel that things are not quite right for your child (e.g. memory problems, not feeling themselves), then [contact their doctor as soon as possible](#) so that he/she can make sure your child is recovering properly.

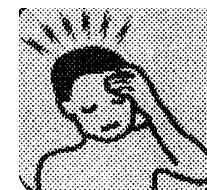
Watch out for these symptoms:

- ◆ Drowsy or confused

(unusually sleepy, difficult to wake, or appear confused, acting strange in manner)



- ◆ Headache or blurred vision

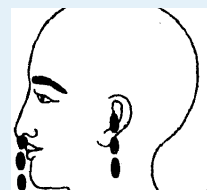


- ◆ Vomiting



- ◆ Leaking nose or ears

(leaking of clear fluid or blood)



- ◆ Seizures

(fits/convulsions)



If you have any further questions, please contact your child's consultant via their secretary via the hospital switchboard. The secretaries are available Monday to Friday 9.00 am to 5.00 pm

If you need to contact the department outside of these hours please phone either:

Ward 3F 0151 430 1616

Ward 4F 0151 430 1791

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

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