

Discharge Advice

- Ask for a telephone contact in case medical help is needed
- Ensure that your child gets plenty of rest and avoid stressful or noisy situations
- Do NOT leave your child alone in the house, especially for the first 48 hours after leaving the hospital
- When your child has completely recovered, they can return to school
- Do NOT let them play contact sports for at least 3 weeks to avoid secondary concussion
- It is best to visit your GP again before playing contact sports

Remember:

Don't blame yourself or other children, accidents will happen

Useful Contact Numbers

Puffin Ward:

021 4922212

Ladybird Ward:

021 4922209

Seahorse Ward:

021 4922187

Paediatric Assessment Unit:

021 4922187

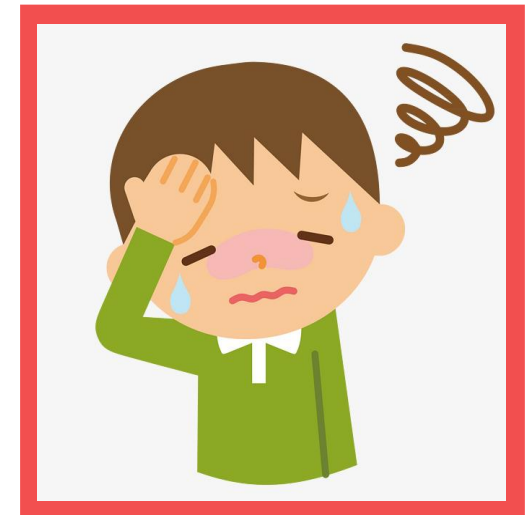
SouthDoc; Out of Hours Doctor:

1850 335 999

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Head Injury

Information Leaflet for
Parents and Guardians



What is a Head Injury?

- Any knock to the head is considered a head injury
- It includes injury to your child's scalp, skull or brain
- This can range from a mild bump or bruise to a serious brain injury
- Common head injuries that are seen in hospital include: concussions, skull fractures, and scalp wounds
- The treatments vary greatly, depending on what caused the head injury and how severe it is



Signs to look out for following a Head Injury

- Difficulty Breathing
- Increasing drowsiness, confusion or difficulty waking your child up
- Feeling sleepy that goes on for longer than 1 hour when they would normally be awake or should be more alert
- Headache
- Vomiting
- Trouble sleeping
- Poor concentration
- Dizziness
- Weakness of one or more limbs
- Poor balance
- Clear fluid/ bleeding coming from the ear or nose
- Seizure
- Sudden onset of hearing or vision problems

Children with these signs need to be seen by a medical professional. Call the contact number that you have been given

Sleeping

When your child is sleeping, you should observe every few hours to establish if he/she is:

- Breathing normally
- Sleeping in a normal posture
- Making the expected response when gently roused

Note: If you are not happy that your child is sleeping normally, he/she should be woken fully and checked

