



Children's Health Ireland
at Temple Street

Discharge Advice/Instructions to Parents of Children with a Head Injury

Children attending hospital following a possible head injury are assessed in the Emergency Department by the medical team. The doctor has checked your child for immediate problems and does not feel they have to stay in hospital.

Serious complications may not be obvious immediately after a head injury. Therefore, it is necessary to have careful observation by a responsible adult when discharged home. If any of the following symptoms occur, we suggest you take your child to the nearest Emergency Department as soon as possible:

1. Unconsciousness or inability to awaken or arouse your child.
2. Any confusion (not knowing where they are, getting things muddled up).
3. Any drowsiness that goes on longer than 1 hour when they would normally be wide awake.
4. Any problems understanding or speaking.
5. Any loss of balance or problems walking.
6. Any weakness in one or both arms or legs.
7. Any problems with eyesight (blurred vision or seeing double), unusual eye movements, especially any change in pupil size.
8. Very painful headache that won't go away (despite giving medication).
9. Persistent vomiting.
10. Convulsions – shaking or jerking movements of arms and/or legs.
11. Clear fluid coming out of ear or nose.
12. Bleeding from one or both ears.
13. New deafness in one or both ears.

Please Turn Over the Sheet

Tips to Help Your Child Recover After a Head Injury:

DO NOT leave your child alone in the house, especially for the first 48 hours after leaving the hospital.

DO NOT allow them to return to school until you feel they have completely recovered.

DO NOT let them play contact sport until they have completely recovered and have none of the symptoms listed above.

DO Do make sure that you have a phone (charged) with you in case medical help is needed.

DO ensure your child gets plenty of rest and limit screen time.

Contact Details

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