



# Minor head injuries

**Your child had a trip or fall with us today and bumped their head. We have given them a check up and did not find any problems. This information sheet explains about the signs you need to look out for over the next few days.**

## What to expect when you get home

Your child may:

- have a mild headache
- feel sick and not feel like eating
- have difficulty concentrating
- feel more tired than usual

This is normal, and does not need any treatment other than paracetamol, given according to the instructions on the bottle. Your child can play as normal, although quiet play is best and television or computer games are best avoided.

However, a head injury (even a minor one) can occasionally develop into something more serious. Keep a close watch on your child until they are back to normal. Do not leave them with an inexperienced carer. We advise your child to avoid rough and tumble play or contact sports for at least three weeks.

Signs that a head injury is becoming more serious include:

- vomits more than once or twice
- a severe headache or one that is getting worse
- drowsy or difficult to wake up
- difficulty with seeing and/or balance
- a fit – making uncontrolled jerky or twitchy movements
- watery or bloody oozing from their nose or ears
- behaves differently to normal
- is irritable
- in babies, has a higher pitched cry than usual

If they show any of these signs, please take your child to your local Accident and Emergency (A+E) department immediately and seek medical advice.

**If you have any questions, please call NHS Direct on 0845 46 47**

Compiled by the Outpatients Department  
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