

---

*SEEK FURTHER HELP IF:*

---

**Return to the medical centre (or if later)  
to your closest hospital Emergency  
Department (ED) if your child:**

- Has a headache which is very severe, persistent and/or getting worse despite taking painkillers (like Paracetamol).
- Becomes unsteady when walking, feels dizzy or has a loss of balance.
- Has two or more separate episodes of vomiting (being sick).
- Has a fit or seizure, or an episode of collapsing.
- Develops any problems with vision (such as a squint or blurred vision, or they start to see double).
- Has blood or clear fluid leaking from the nose or ear.
- Has confusion or has problems understanding or speaking.
- Any symptoms not improving after the first 48 hours.
- **REMEMBER ALWAYS CALL 999  
IN ANY EMERGENCY.**

---

*Getting Further Advice & Support*

---

Please feel free to return to one of our Medical Treatment Centre's whilst the event is on-going if you have any concerns or questions.

Following the event, you should seek further advice (if needed) from your GP or local walk in centre, Minor injuries Unit (MIU) or hospital Emergency Department (ED). You can also get free non-emergency advice by calling NHS 111.

We are unable to give health or other advice over the phone.

**In an Emergency call 999 for an  
Ambulance.**



[www.icebluemedical.co.uk](http://www.icebluemedical.co.uk)

Rex House 4th Floor, 10-12 Regent Street,  
London, SW1Y 4PE

[info@icebluemedical.com](mailto:info@icebluemedical.com)  
24 Hour Call: 020 3189 1860



**MINOR HEAD  
INJURY  
(Child)**

**Patient Information Leaflet**

**This leaflet contains important  
information about the treatment you  
have received and what to do and  
what to expect next.**

Please take the time to read it  
carefully, keep it safe and show it to  
anyone who asks about the treatment  
you have received or who helps to look  
after you.

---

## MINOR HEAD INJURIES

---

Around 700,000 people in the UK are seen in hospital with head injuries each year. The majority are simple, uncomplicated and require no further treatment, care or follow up.

### **Symptoms of a Minor head injury**

- A mild headache.
- Nausea (feeling sick).
- Mild dizziness.
- Mild blurred vision.

If any of these symptoms significantly worsen, or your child develops new symptoms, you should return to the medical centre or nearest hospital emergency department straight away.

### **Your Child's Head Injury**

Your child has been treated and assessed by a member of our clinical team today who believes that it is safe for your child to return home.

This leaflet will help you to look after them and keep them more comfortable. It will also help you decide when to get more help and what to look out for while they recover.

---

## WHAT NOT TO WORRY ABOUT

---

After a bump to the head it is quite common to have some of the symptoms mentioned overleaf.

They should gradually improve over the next 24 hours. Again, if they do not, or get worse or change, seek further advice and support.

### **Is it OK to Sleep?**

YES – Resting and taking sleep may help to improve your recovery from a minor head injury.

You do not need to regularly wake your child if they are sleeping. Seek further advice if you feel that your child is unusually sleepy or drowsy when they would normally be alert and awake.

You can find more information on minor head injuries from the NHS Direct website or by calling them on (0845) 4647 or by calling the NHS non-emergency number on 111.

---

## WHAT SHOULD I DO NEXT

---

- Ensure that someone stays with your child and is aware that they have had a head injury—make sure they have read this leaflet.
- Give them painkillers such as paracetamol to help with any pain. Ensure that you always read the label and take care with dosage.
- Avoid non-steroidal anti-inflammatory drugs (NSAID'S) such as ibuprofen or aspirin.
- Avoid any stressful situations and ensure your child has plenty of rest.
- Avoid any prolonged periods watching the television or using a computer or other visual display device.
- Avoid letting them play any contact sports (such as football / rugby) for at least 3 weeks or until fully recovered.

**IMPORTANT REMINDER:  
DO NOT LEAVE YOUR CHILD ALONE  
FOLLOWING A HEAD INJURY & SEEK HELP  
OR ADVICE IF ANYTHING WORRIES YOU.**