

Head Injury (age > 12yrs)

We have checked your symptoms and are happy that you have not sustained a serious head injury. When you get home it is very unlikely that you will have any further problems. But if you're affected by any of the following, we suggest you seek medical advice or attention as soon as possible.

- *Unconsciousness, or lack of full consciousness (for example, 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 both 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*
- *Bleeding from one or both ears*
- *New deafness in one or both ears.*

Things you shouldn't worry about

You may feel some other symptoms over the next few days which should disappear in 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 go and see your doctor. We would also recommend that you seek a doctor's opinion about your ability to drive a car or motorbike.

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 prescribed by a doctor.
- Do not play any contact sport (for example, rugby or football) for at least 3 weeks without talking to your doctor first.
- Do not return to your normal school, college or work activity until you feel you have completely recovered.
- Do not drive a car, motorbike or bicycle or operate machinery unless you feel you have completely recovered.

Head Injury (age < 12yrs)

We have checked your child's symptoms and are happy that they have not sustained a serious head injury. We think that it is all right for your child to leave hospital now. We have checked their symptoms and they seem well on the road to recovery. It is very unlikely that they will have any further problems. But if they're affected by any of the list on the previous page, we suggest you bring them back or take them to their nearest hospital emergency department as soon as possible:

Things you shouldn't worry about

Your child may feel some other symptoms over the next few days which should disappear in the next 2 weeks. These include a mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating or problems with their 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 take your child to a doctor. If these problems do not go away after 2 weeks, take your child to see a doctor.

Things that will help your child get better

- Do encourage your child to have plenty of rest and avoid stressful situations.
- Do not give them sleeping pills, sedatives or tranquilisers unless they are prescribed for your child by a doctor.
- Do not let them play any contact sport (for example, football) for at least 3 weeks without talking to their doctor first.

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Things you should do to make sure your child is okay

- Do not allow them to return to school until you feel they have completely recovered.
- Do not leave your child alone in the home for the first 48 hours after leaving hospital.
- Do make sure that there is a nearby telephone and that the child stays within easy reach of medical help.

Long-term problems

Most people recover quickly from their accident and experience no long-term problems. However, some only develop problems after a few weeks or months. If you start to feel that things are not quite right for your child (for example, memory problems, not feeling themselves), please contact their doctor as soon as possible so that he or she can check to make sure they are recovering properly.

This guidance has been adapted from NICE Clinical Guideline CG56, September 2007.

**For more information on head injuries from snow sports,
visit www.ski-injury.com/head.htm**

Whilst the information presented in this leaflet is done so in good faith, based on the latest available information - neither Dr Mike Langran nor CairnGorm Mountain can accept any liability for any accident, injury or fatality arising as a result of following this advice. Skiers and snowboarders are (for the most part) human and as such everyone varies - tailor this advice to your own needs as much as possible. If in any doubt, consult your own doctor.

ADVICE AND EXERCISES AFTER INJURY FOR HEAD INJURIES



CAIRNGORM SKI PATROL WOULD LIKE TO THANK THE FOLLOWING ORGANISATIONS FOR THE CONTINUED SUPPORT AND ASSISTANCE

