

HEAD INJURY

- 1.) **Definition:** Every child sooner or later strikes his/her head, and usually the damage is only to the scalp. Big lumps can occur with these minor injuries, but injury to the brain is rare. However, extra caution for 48 hours can pick up and possible complications early.

Most important in the treatment of head injury is for a **responsible person to stay with the patient** and watch carefully for the appearance of possible serious symptoms.

- 2.) If there is a scrape, wash it off with soap and water; then apply pressure with a clean cloth(sterile gauze if you have it) for 10 minutes to stop any bleeding. Then, put some ice in a wash cloth and apply it to the scalp or forehead for one to two hours to relieve pain and swelling.
- 3.) Children tend to react more than adults to bumps on the head.

It is normal for your child to:

- **Be pale, somewhat drowsy and fussy**
 - **Have a headache**
 - **Vomit twice**
 - **Not remember clearly what happened**
 - **Get sleepy at the usual times (naps or bedtime)**
- 4.) Acetaminophen(e.g. Tylenol) may be given for pain. **Avoid** narcotics, sedatives, or alcoholic drinks.
 - 5.) Restrict the child to a light diet.
 - 6.) For at least 24 hours following the injury, wake your child every four hours, ask him/her to name a familiar person or toys and check the pupils(black center of eye) to be sure they are equal in size.
 - 7.) **Call our office urgently if:**
 - a.) **The accident was a serious one, such as fall down a flight of stairs.**
 - b.) **The crying lasted over 15 minutes after the injury.**
 - c.) **There is a headache that becomes more severe.**
 - d.) **Vomiting occurs more than twice.**
 - e.) **There is any cut in the skin that is deep and may need to be sutured.**
 - f.) **He/she is confused or not acting like himself/herself.**
 - g.) **There is any difficulty with speaking.**
 - h.) **There is any blurring of vision.**
 - i.) **There is any unsteadiness in walking.**
 - j.) **There is any difficulty in using the arms.**
 - k.) **There is any neck pain (in older children).**
 - l.) **There is any blood or watery fluids from the nose or ears.**
 - m.) **The child was stunned or unconscious from the injury.**
 - n.) **He/she had a seizure (convulsion).**
 - o.) **The pupils (black center of the eye) are not equal in size.**
 - p.) **The child has a previous concussion during the past three months.**
 - q.) **Any fall of 3 ft or more on the head in a child under 2 yrs of age.**
 - r.) **Or for any other symptoms that concern you.**