

## HEAD INJURY

Children have frequent injuries to the head but rarely do these cause any serious problems. It is important to watch your child with extra care for 48 hours after the injury to avoid any complications.

- 1) Treatment: If there is a scrape, wash it off with soap and water; 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 injured area for one hour to relieve pain and swelling. Only give clear fluids (ones you can see through) initially after the injury.
- 2) Check his/her pupils (black centers of the eyes) to make sure that they are equal in size. Do this at each meal, bedtime, and twice during the night.

NORMAL



NOT NORMAL



- 3) Your child may go to sleep but should be awakened every 1 to 2 hours within the first 6 hours and at least twice during the first night following the injury--once at your bedtime and once 4 hours later. Arouse him/her until your child is walking and talking normally. Check pupils.
- 4) Call us if:
  - a) the accident was a serious one,
  - b) your child is not yet walking (under age 1),
  - c) the crying lasted over 10 minutes after the injury,
  - d) there is a severe headache,
  - e) vomiting occurs more than twice after the first half hour,
  - f) there is any large cut of the skin,
  - g) your child is confused, acting strangely, or difficult to arouse,
  - h) your child is sleepier than usual for the time of day for more than 1 hour after the injury,
  - i) speech is difficult,
  - j) vision is blurred,
  - k) walking is unsteady,
  - l) there is any difficulty in using the arms,
  - m) there is any neck pain,
  - n) there is persistent blood or watery fluids from the nose or ears,
  - o) your child was stunned or unconscious from the injury,
  - p) your child had a seizure (convulsion)
  - q) any other symptoms develop that concern you.