

Head Injuries In Children

Prepared for Covenant Pediatrics

WHAT YOU SHOULD KNOW:

Head injuries in children are common events and, fortunately, only rarely do they become serious. External signs of minor head injury include bruises, scrapes, and “goose egg” swelling. These signs are not dangerous if they are the only symptoms associated with your child’s head injury.

A more serious head injury may also lead to dizziness, fatigue, vomiting, and/or a temporary loss of consciousness. If these problems resolve in the first hour they do not necessarily mean your child is seriously injured. However, if these symptoms continue or get worse you need to let your child’s doctor know.

AFTER YOU LEAVE THE OFFICE:

- Always give your child his medicine as ordered by your child’s doctor. If you feel it is not helping, call your doctor back. Do not quit giving the medicine unless instructed by the doctor to do so.
 - Keep track of what medicines your child is taking and when he takes them. If your child’s condition worsens or does not improve have a list of all medicines given to your child that the doctor can review with you.
- While your doctor feels that your child can now be watched safely at home it is possible for more serious problems to start later. Follow these directions to watch out for any signs of worsening conditions:
 - You must wake your child up **every 2 hours for the next 12 hours** to make sure he awakens easily. After waking your child, ask a few questions to see if he is alert, or, if he is too young to answer questions, be sure he responds to you as he normally would. Examples of questions to ask are, “What is your name?” or “What food do you like to eat most?”
 - Have your child rest in bed or play quietly for the first 24 hours. Your child may then begin normal activities after he feels better.
 - If your child is dehydrated or won’t eat regular food, feed him an oral electrolyte solution (e.g. pedialyte for infants, gatorade for older children. These have the right amounts of water, salts, and sugar your child needs.
 - Start with small sips of fluids, especially if your child has had vomiting. Then slowly give more if your child can keep it down.
 - Good foods to give are cooked cereal, rice, noodles, mashed potatoes, applesauce or soup.
- (MORE INFORMATION ON THE BACK)

• **HEAD INJURY INSTRUCTIONS (Continued)**

- Call your doctor if:
 - You cannot wake your child.
 - Your child seems abnormally sleepy.
 - Your child cannot stop vomiting.
 - Your child has a convulsion (seizure).
 - Your child acts differently, is fussier, or does not know who you are.
 - Your child says he cannot see clearly.
 - Your child is not speaking clearly or seems confused.
 - Your child has blood or clear fluid coming from his nose or ears.
 - Your child has increased headache or neck stiffness.
 - Your child's pupils (black center of the eye) are different sizes.
 - Your child is stumbling or has other problems with walking.

**If your child worsens and you feel you have a true emergency waste no time
and call 911 for help.**

For other questions our pediatricians can be reached at the number below:

Peach Orchard Office: (706) 792-5040