

HEAD INJURIES

Symptoms:

Strike or blow to the head, may not always include loss of consciousness. Following a head injury it is normal for a child to:

- Seem a little pale or fussy.
- Complain of a mild headache.
- Vomit one or two times.
- Get sleepy at normal times (naptime or bedtime).

If brief loss of consciousness – call office immediately.

If child remains unconscious, develops seizure activity, or looks critically ill – call 911.

Treatment:

- Clean any scrapes or cuts with soap and water
- Apply direct pressure to cuts for 10 minutes to control bleeding – Note * head and scalp injuries tend to bleed heavily.
- Apply cool compress or ice pack for 20 minute intervals to affected area to decrease swelling.
- Give acetaminophen for headache – see dosing chart.
- If child is sleepy allow them to sleep, but stay nearby and arouse every two hours during the day or four hours at night for the first 24 hours after a fall.

Call immediately if any of the following are present:

- Serious fall, such as down a flight of stairs.
- Falls of approximately 3 feet or more, in a child less than 2 years old.
- Child has a deep cut that may need stitches.
- Child becomes disoriented, confused or dizzy.
- Child vomits more than twice (is not uncommon for child to vomit right after injury occurs if upset).
- Child is having difficulty speaking, blurred vision, or seems to not be using his/her arms or legs.
- Child is having blood or watery fluid from nose or ears.
- Child cannot remember how injury occurred.
- Child is unusually sleepy.

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