

HEAD INJURY – MILD

Your child has been seen at Children's Hospital because of a head injury. Although we do not think admission to the hospital is necessary at this time, there are several things we ask you to do at home.

WHAT TO DO

- You may give your child Tylenol® _____mg. up to every 4 hours for pain.
- Apply ice to the injury 20 minutes at a time for the first 1 to 2 days as your child will tolerate.
- Watch your child for signs that he or she may be getting worse as described below.

SIGNS TO WATCH FOR

If your child has any of these symptoms, call your medical provider or return to the Emergency Department immediately.

- Repeated or projectile vomiting
- A major change in behavior or personality (confused, impulsive, reckless, aggressive or abnormal behavior)
- Difficulty waking up during the day or quickly falling back to sleep after awakening
- Unable to awaken at night
- Complaints of headache that are not relieved with Tylenol®
- Bleeding or clear fluid from the nose or ears
- Hearing difficulties
- Convulsions (seizures)
- Staggering or swaying while walking
- Weakness or dizziness
- Eye changes (cross-eyed, droopy eyelids, trouble using eyes)
- Blurred or double vision
- Loss of consciousness (child does not wake up when you touch and talk to him)
- Your child does not "look right" to you or seems to be getting worse instead of better



Picture 1 Watch your child closely.

ACTIVITY

When your child may return to contact sports or rough play depends on the severity of the head injury. He may not return to sports, rough play or play where balance is an issue (bike riding, swimming, tree climbing, etc.) until his doctor says it is okay. Your child should be seen by a doctor experienced in treating head injuries. Your child should be symptom-free, then participate in a gradual return to exercise before being cleared for contact activities.

To help symptoms improve, do not let your child watch TV, play video games, or spend time on the computer. Also, have your child avoid text messaging and listening to loud music or music through headphones. Encourage your child to rest and eat a light diet.

WHEN TO CALL THE DOCTOR

Please call your primary care doctor in the morning to inform him or her of this visit. If you need a doctor for your child, call the Children's Hospital Referral and Information Line at (614) 722-KIDS.

If you have any questions, be sure to ask your doctor or nurse.