

# Head injury in children

*Thank you for choosing to be treated at BNE.*

Your doctor is satisfied that you are well enough to go home. This information sheet will provide you with additional information to assist you with further recovery.

## Warning signs

Please return to the **BNE** if you experience any of the following:

- Worsening headache that is not relieved by paracetamol
- Persistent vomiting (more than twice)
- Confusion, irritable, irrational or unusual behaviour, restlessness or agitation
- Drowsiness or difficulty waking up or staying awake
- Seizures or spasms in face, arms or legs
- Stumbling or difficulty walking
- Slurred or unintelligible speech or dramatic personality change
- Double vision or any new vision disturbance
- Unexplained loss of blood or fluid from ear or nose.

*Please call us or return to **BNE** if you have any concerns.*

*Alternatively, your GP will have received information regarding your visit to **BNE** and can address any concerns you may have.*

## What is a head injury?

A head injury is any knock to the head that causes lumps, bruises, cuts or more severe injuries to the head.

Usually the injury is not serious but some (very rare) result in serious injury to the brain.

Our doctor has examined your child thoroughly today and is happy to let you go home providing that you can monitor your child more closely for the next 24–48 hours.

## Symptoms

- Mild to moderate headache.
- Nausea and sometimes vomiting.

This is a normal occurrence within 24 hours after injury.

## Treatment

- Simple analgesia such as paracetamol every 4 hours as required.
- Apply cold ice pack over the injured area.

## How to manage the pain

- Have a responsible adult with the child for the first 24 hours who can monitor for warning signs.
- Eat and drink as usual.
- Adequate rest until the symptoms start resolving.

## Return to school

The child is ready for school when they feel well enough. It is important that they get enough rest during the recovery.

Contact or dangerous sport should be avoided for six weeks. This is to avoid further injury. It's important to encourage the child to gradually return to physical activity.

## Possible long term effects

Most children with a mild head injury make a full recovery, but symptoms such as tiredness and behavioural changes may persist for up to 2–3 months.

It's important that you inform the child's teacher about the injury.

Physical symptoms include fatigue, headache, poor coordination and noise sensitivity. Your child may also have some emotional symptoms such as frustration, anxiety, irritability, mood swings and changed sleep patterns. Your child may be slower in their thinking than normal and have trouble concentrating with memory. It's a good idea to follow-up with the teacher in a month's time about the child's progress post injury.

**Please come back to see us for your follow-up care and treatment.**

**627 Rode Road Chermside**

*Located between The Prince Charles and St Vincent's Private Hospital Northside.*