

Head Injury

Head injuries can be caused from a car accident, fall, being hit in the head, or hard shaking. These injuries can cause slow bleeding or other problems inside the head that you don't notice at first.

Children with head injuries may have a headache, feel queasy, throw up or feel dizzy or sleepy. **If** your child has **any** or these signs call Dr. Chopra right away:

- acts differently than usual or confused.
- has a seizure/convulsion.
- has a cut that won't stop bleeding after you put direct pressure on the cut for 10 minutes.
- arms or legs weak.
- has bloody or watery fluid from his nose or ears.
- eyes are crossed or his pupils (the black dots in the middle) are two different sizes.
- throws up three or more times.
- has trouble walking or talking.
- is hard to wake up.
- has a headache that becomes worse.

If your child blacks out or if his injury was caused by great force or a hard fall, call 911 immediately. Do not try to move your child.

Things to do at home:

The day of the injury, wake your child up every two or three hours after he goes to sleep. Ask him his name or have him get up and go to the bathroom. If he wakes up easily and doesn't seem confused, let him sleep through the night. Your child can play quietly. He needs to rest often.

If your child has thrown up, wait two hours and give him small amounts of clear fluids (water, Kool-Aid, soft drinks with the bubbles stirred out, apple juice). You can start giving him soft foods the next day.

You can give your child Tylenol for pain. Be sure to follow the package insert for the amount to give your child based on his age and weight. Do not give more than five doses in 24 hours.

You may apply a cold pack to the injured area. Keep it on for 20 minutes every hour for the first 24 hours after the injury (as needed for comfort).