

HEAD INJURY

Head injuries are potentially serious, but few lead to problems. The major concern in a head injury is the occurrence of bleeding inside the skull which may put pressure on the brain. Swelling or a “goose egg” often develops. The size of the bump does not indicate the severity of the injury. If the child loses consciousness, can not remember the injury or has a seizure, see a doctor immediately. If these do not happen, observe your child for the following: a headache that continually gets worse, visual problems, bleeding from the ears, eyes or mouth, change in behavior, persistent vomiting, irregular breathing or heart rate. See a doctor for any of these changes.

Ice may decrease any bump or swelling that may occur. Observe your child for 24 – 72 hours after a head injury. Sometimes symptoms do not arise immediately after an injury. Do not give anything stronger than acetaminophen; do not give aspirin or ibuprofen for a head injury. Encourage your child to eat only light meals for a day or so. Monitor their activity level; do not allow them to participate in contact sports for several days.