

PARENT EDUCATION

Head Injury

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- 1). Child should have quiet activities for 1-2 days. No bicycle riding, climbing, etc.
- 2). For the first 8 to 12 hours give the child only clear liquids.
- 3). Keep a constant eye on your child in the next 24 hours when he or she is awake.
- 4). If your child is sleeping wake him or her up every 3 hours for the next 24 hours. Your child should wake up easily and should be able to talk and move arms and legs normally.
- 5). Call your doctor right away if your child:
 - Will not wake up or becomes very sleepy.
 - Vomits more than two times.
 - Has a headache which gets worse or lasts more than a day.
 - Has seizures or convulsions.
 - Has neck pain.
 - Bleeds from ear or has a nose bleed or has a clear drainage from the ear.
 - Has trouble with vision, hearing or speaking.
 - Has trouble walking or weakness.
 - Has any unusual behavior such as crying for longer than usual acting confused or being dizzy.