

Royal University Hospital
Children's Emergency Department

Affix patient label here

Head Injury

Weight (Kg):

What is a head injury?

A head injury (concussion) happens when the head:

- Hits against an object
- Is hit by an object or
- Is shaken or jarred hard

After a head injury you may see bruises or cuts on the face or head. The INSIDE of the head (brain) may also be hurt. There may be bleeding or other problems that may show right away or several days later.

******Children with head injuries must be watched closely for changes in the way they act for 24 hours after the injury.******

Call 911 for an ambulance or take your child to the nearest emergency department RIGHT AWAY if your child:

- Is or was unconscious (passed out)
- Has twitching of the face, arms, or legs
- Has clear or bloody liquid coming out of their nose or ears
- Is acting unusual in any way
- If you are worried for any reason

Call you doctor, emergency department or HealthLine (811) if your child with a head injury does any of the following:

- Is more lethargic than usual, or hard to wake up
- Has trouble seeing or talking
- Has a headache that gets worse despite treatment with Advil or Tylenol
- Gets very cranky or irritable
- Vomits more than three times
- Is confused eg. Cannot answer simple questions
- Is dizzy or unsteady
- Has a stiff neck

What do I do at home after a doctor has seen my child?

- Watch your child closely for changes in the way he/she acts
- Let your child go to sleep after the injury
- Give clear fluids (pedialyte, ginger ale, clear juices) instead of solid food if your child feels like throwing-up
- Give Acetaminophen (Tylenol, Tempra) or ibuprofen (Advil, Motrin) to relieve mild headaches and help your child feel more comfortable. Follow directions on the bottle or as given by your doctor, for the right dose and how often you may repeat it.

If you have other questions or concerns call your doctors office or HealthLine:

HealthLine: 811