

HEAD INJURY INSTRUCTIONS

1. After a head injury, the most useful activity you can do as a parent is to watch how alert and responsive your child is. If he/she talks and plays well and is interested in what is going on, those are good signs that it wasn't serious. If he/she seems confused, has a hard time staying awake, and/or talks or acts peculiarly, those are bad signs and you should call.
2. A headache is not unusual after a head injury. Severe headaches or headaches that keep getting worse give warning that you should call a physician or take your child to the emergency room. Acetaminophen – not aspirin or ibuprofen – may be given for headaches, and a cold pack can be applied to any bruises.
3. Vomiting shortly after the injury is not unusual. Vomiting later on, especially if your child vomits two or three times, should be reported. Liquids should only be given at first. If the vomiting subsides, light foods can be given.
4. You may allow your child to sleep, but wake him/her every 2 hours to make sure he/she responds normally.
5. If your child has trouble with coordination, such as stumbling, having unusual eye movements, or dizziness, please call. If you are not sure about a certain complaint or behavior, call us to talk it over.

DURING OFFICE HOURS, CALL THE OFFICE DIRECTLY. AFTER HOURS, CALL 314-362-4433.