

MYRTLE AVENUE
Pediatrics



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HEAD INJURY INSTRUCTIONS

IF YOUR CHILD SUSTAINED A BUMP OR TRAUMA TO THE HEAD... WATCH THEM CLOSELY FOR THE NEXT 24-48 HOURS:

- Apply pressure to stop any bleeding.
- Apply ice onto swelling or lumps in 10 minute intervals.
- Clean any open wounds with Hydrogen peroxide or soap and water and apply antibiotic ointment for healing.
- Directly observe the child for the first 2 hours after the injury
- The child is ok to lie down, rest or even sleep.
- If your child is sleeping, awaken them after the first 2 hours to check on them and ask them simple questions to make sure they are ok.
- It is common and ok if your child experiences mild headache, dizziness or nausea.
- Offer clear fluids at first in case of vomiting. Regular diet is ok after 2 hours.

****AVOID PAIN MEDICATION LIKE ACETAMINOPHEN (TYLENOL) OR IBUPROFEN (MOTRIN/ADVIL) FOR THE FIRST 4 HOURS**

- After 4 hours it is ok to give 1-2 doses of acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) if needed for pain. If more doses are needed please bring your child into the office.

CALL OFFICE IMMEDIATELY IF AFTER THE ACCIDENT YOUR CHILD IS/WAS:

- Knocked unconscious or not able to awaken
- Having severe headache
- Forcefully vomiting 3 or more times
- Acting confused, unsteady or restless
- Slurring their speech or talking irrationally
- Having double vision, blurred vision or crossed eyes
- Having weakness of arms or legs
- Bleeding nonstop from an open cut
- Noted to have a depressed area or indentation on the skull
- Less than 6 months old
- In a car or vehicle accident with severe force or speed
- Not able to remember the accident
- Having bloody or watery discharge from the nose or ears.
- Having a seizure

During the first night awaken the child at 4-hour intervals and check to make sure they can answer simple questions and feel ok. Watch closely and consider sleeping in the same room for observation. If your child appears to be acting normal it is ok to return to your usual schedule 24-48 hours after the accident.

****PLEASE** do not hesitate to call the office or bring your child in after a head injury