



HEAD INJURY



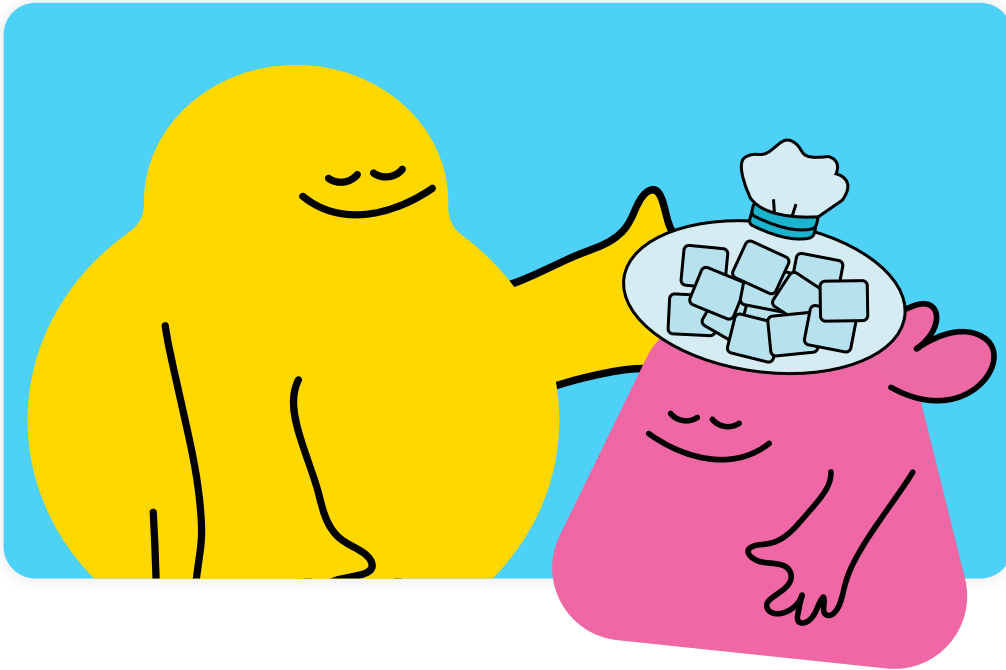
Dangerous falls or head injuries which require urgent medical assessment include the following:

- Falls from a height of 1.5 metres or more
- High speed vehicle injuries
- Loss of consciousness (blacking out) after the injury
- Seizures

Watch for the following symptoms over the first 48 to 72 hours which will require a doctor's review

- More than 3 consecutive vomiting episodes
- Drowsiness or lethargy after the injury
- Confusion
- Unexplained irritability or inconsolability in younger children that is persisting after the fall
- Severe headaches in older children
- Contusion or external swelling that is continuing to increase in size





What should I do for my child after a head injury?

- Ice any external bumps or bruises for 10 minutes 3 times a day
- Do not massage the external bumps as this will disrupt blood clot formation and cause increased swelling.
- Serve paracetamol syrup every 6 hours as required for any mild discomfort.
- Allow lots of rest and stop screen time and reading activities till symptoms improve.
- Hold off physical activities with a high risk of injury such as contact sports for 5 days to a week if the injury is significant.