

# WHAT TO DO AFTER A **MINOR HEAD INJURY**

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# At home monitoring

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Your child has suffered a head injury. After a period of observation, they can return home, though continued monitoring is essential.

The medical examination and tests during the period of observation have shown that their condition allows them to return home.

However, the risk of late complications (rare) cannot be entirely ruled out.

Numerous studies have shown that 24-hour monitoring is necessary. This can be done at home.

## A few tips

- ▶ If your child has a headache, give them paracetamol (Dafalgan®, Panadol®, Tylenol®, BEN-U-RON®).
- ▶ Ensure your child rests for 24 to 48 hours.
- ▶ Reading, drawing, and quiet games are allowed.
- ▶ If they have to go out in the sun, make sure they wear sunglasses and a cap.
- ▶ Avoid vigorous exercise, combat sports, and video games (computers, TV, gaming consoles) for one week.
- ▶ Give your child a light diet for 24 hours: fluids, clear soups, milk, yogurt, and fruit purees, as vomiting may occur (see reverse to find out what to do if this happens).

## Signs to look out for

Contact your pediatrician if you're concerned about your child's condition or if they display any of these signs:

- ▶ persistent headaches that are not relieved by paracetamol
- ▶ difficulty concentrating
- ▶ dizziness.

During the two weeks following the injury, please do not hesitate to contact your pediatrician for any further information.

## Take your child immediately to the Emergency Room if ...

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Your child has one of the following signs:

- ▶ vomiting more than three times
- ▶ vision or speech problems
- ▶ unusual behavior
- ▶ confusion over names and places
- ▶ unsteady gait, problems balancing
- ▶ bleeding or clear fluid running from nose or ears
- ▶ abnormal drowsiness
- ▶ irritability, inconsolable crying
- ▶ headaches that worsen despite taking paracetamol.

## Call 144 immediately if your child ...

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- ▶ has convulsions
- ▶ has weakness in an arm or leg
- ▶ is impossible to wake up.

# Practical information

## Division of Pediatric Admission and Emergency

Avenue de la Roseraie 47  
1205 Geneva

## Further information

For more information, visit

➔ [www.monenfantestmalade.ch](http://www.monenfantestmalade.ch)

**Life-threatening emergency**  
**Switzerland: SMUR ☎ 144**  
**France: SAMU ☎ 15**

## Getting here

Tram 12 and 18,  
"Augustins" stop  
Bus 91, "Maternité-  
Pédiatrie" stop  
Bus 7, "Pédiatrie" stop  
Léman Express,  
"Genève-Champel"  
station

## Parking

H-Cluse and Lombard



*This leaflet was produced by the Division of Pediatric Admission and Emergency in collaboration with HUG's Patient and Family Information Group (GIPP).*