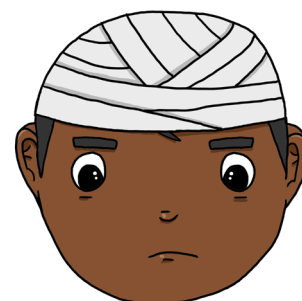




Head injury

Most head injuries like cuts, swelling and bruising are not serious, but sometimes there can be trauma or damage to the brain.

If bub has mild pain, give them paracetamol or ibuprofen.



Paracetamol (Panadol)

Given at:

Next dose at:



No more than 4 times in 1 day
see packet instructions

Ibuprofen (Nurofen)

Given at:

Next dose at:



No more than 3 times in 1 day
see packet instructions

What to do after a head injury

It is hard to know if bub has a more serious injury, so you need to:

- **watch bub** carefully for 24 hours
- bub should be easy to wake up at all times
- bub may do normal activity but **no sports** for **2 - 3 days**.

Weeks after a head injury bub may:



Be upset or tired



Not their normal self



Have mood swings



Have problems focusing

If bub's not their normal self or you are worried, see your GP, health clinic or emergency department.

When to go straight to the emergency department

If bub:



Has a headache or a stiff neck



Has blurred vision, seeing double or has other eye problems



Vomiting a lot



Confused, grumpy



If unconscious, call ambulance



Has watery ooze from their ears or nose



Had a fit or tremors



Bleeding from ears or nose

Resting

Bub needs to rest both their body and their brain after a head injury. So no:

- gaming
- TV
- mobile phones
- iPads, computer or tablets
- sport for 2-3 days.

After 2 days rest

If bub has no symptoms for 2 days and they feel ok, slowly let them do activities.

They can do more activities every 1-2 days, if bub still has no symptoms like headaches or feeling dizzy.

Stage 1: No activity, complete rest for first 2 days after injury.

Stage 2: After 2 days, if bub is feeling ok, they can try walking or swimming.



Stage 3: After a further 2 days, if bub is feeling ok, they can run at training. No game time, no physical contact.



Stage 4: After another 2 days, if bub is feeling ok, they can do ball skills only at training. No game time and no physical contact.



Stage 5: After a week, if bub is still feeling ok, they can go back to doing normal training.



Stage 6: Normal games.

If bub **has any symptoms** like headache, dizziness, nausea or tiredness, **go back** to stage 1 and try again **after 1-2 days**. Try gradually increasing activities again after 1 - 2 days.

If you are worried or if bub has ongoing headaches, dizziness, nausea or vomiting, see your GP, health clinic or the emergency department.



Government of Western Australia
Child and Adolescent Health Service

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
Produced by: Emergency Department / Social Work
Ref: 247.1 © CAHS 2021

This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent Health Service.