



## **Information for children with head injuries**

Your child has suffered a head injury. We have taken a good look at him/her and believe he/she is on a good road to recovery and will be allowed to go home.

However, after head injuries, signs of cerebral concussion may show up days later. Therefore, please watch for the following signs:

- worsening headache or neck pain
- Repeated vomiting
- Drowsiness or sleepiness at times when your child would normally be awake
- change in mood (e.g., mild concentration or memory problems, confusion, restlessness)
- convulsions or seizures
- dizziness or vision, comprehension or speech problems
- muscle weakness, numbness, or paralysis.

If any of these signs occur, contact us at the practice by calling 061 201 0101 or at UKBB 061 704 12 12.

## **This is how you can help your child in the healing process**

- Do not be alone for the first 24h.
- Keep the telephone close by to call for help if necessary.
- Physical rest (no sports) for 2 weeks.
- Avoid excessive television and activities on the computer as well as game consoles and cell phones.
- Protect your child from strong sunlight and noise
- For headaches: paracetamol.
- No ibuprofen, mefenacid, diclofenac, aspirin, naproxen. No sleeping pills

Get well soon!

From your Youkidoc Team