

## What is a minor head injury?

Mild head injury, also known as concussion, means that the brain has had a mild injury and will need time to recover. It is common to have mild headaches, dizziness, nausea, or slight sleepiness.

Your child has just had a head injury that has been assessed as not requiring admission. Although there was no evidence of serious brain or skull injury when your child was seen, just occasionally slow bleeding or other problems can occur later.

It is important that you observe your child at home for the next 24 hours in case they get worse.

## What are the symptoms?

The symptoms will vary, depending on how the injury happened. Some people will 'black out' for a short period. Some people are confused about where they are and what has happened. It is common to have a headache, nausea, vomiting and mild dizziness or slight sleepiness.

## Instructions

### Headache

- Your child may be in discomfort. Give paracetamol every 4-6 hours to relieve pain. Check to packet for correct dose and only use as directed. Do not give aspirin (as it can encourage bleeding or bruising).
- Use ice packs over swollen or painful areas. To do this wrap ice cubes, frozen peas or a sports ice pack in a towel. Do not put ice directly on the skin.

### Vomiting

- Your child may vomit two or three times in the first hour or two after the injury. If the vomiting continues, go back to your doctor.

### Drowsiness

- Immediately after the head injury your child may be sleepy. There is no need to keep your child awake if they want to sleep. Check your child every hour for the first 4 hours to ensure that they respond normally to gentle stimulation. After this if your child does go to sleep, wake them every 2 hours to check their condition, and their reaction to familiar things.

## Return immediately

If the patient develops any of the following

- Frequent vomiting
- Severe or persistent headache or dizziness.
- Convulsion or fit or spasms of the face or limbs.
- Unusual or confused behaviour.
- Restlessness, drowsiness, (or irritability in a baby).
- Your child is difficult to wake up.
- Weakness of the arms or legs.
- Abnormal or unsteady walking, poor coordination.
- Slurred speech.
- Double or blurred vision.
- Or if you are worried for any reason

Do not let your child return to sport until all symptoms have gone. This is because their reaction times and thinking will often be slower, putting you at risk of further injury. It is important to avoid another head injury before fully recovering from the first, as a second injury can cause additional damage.

## Problems to watch out for in the next few days to weeks:

Some problems which may result from a minor head injury can be hard to detect at first. In the next few weeks parents may notice:

- Irritability.
- Mood swings.
- Tiredness.
- Concentration problems.
- Behavioural changes

Talk to your doctor if you are worried about any of these signs. Most children with minor head injury make a full recovery.

Disclaimer: This health information is for general education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.

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## Notes:

## Follow up with:

Date and Time-

Name-

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## Seeking help

In a medical emergency go to the nearest hospital emergency department or call an ambulance (dial 000).

For other medical problems see your local Doctor or health-care professional.

13 HEALTH (13 43 25 84) provides health information, referral and teletriage services to the public in all parts of Queensland and is available 24 hours a day, 7 days a week, 365 days a year for the cost of a local call\*.

\*Calls from mobile phones may be charged at a higher rate. Please check with your telephone service provider



## Want to know more?

- Ask your local doctor or health care professional
- Visit Healthinsite  
[www.healthinsite.gov.au](http://www.healthinsite.gov.au)
- Visit the Better Health Channel  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)