

Head injury, minor

A minor head injury often causes a bump or bruise on the exterior of the head. Other symptoms may also include:

- nausea,
- mild headache,
- tender bruising or mild swelling of the scalp,
- mild dizziness.

If your child experiences these mild symptoms after a knock, bump or blow to the head, then they do not require any specific treatment. You should however observe them closely for the following 48 hours, to check to see if their symptoms change or worsen.

Most children will make a full recovery. However, if you notice any change in their behaviour, or their symptoms worsen, seek medical assistance straight away. If you notice the following symptoms in either yourself, or your child, following a bang to the head, then seek medical assistance immediately.

- A lasting headache which worsens, or is still present over six hours following the injury.
- Extreme difficulty in staying awake, or still being sleepy several hours after the injury.
- Two or more bouts of vomiting.
- Unconsciousness, either for a short or extended period of time.
- Unequal pupil size.
- Straw coloured or blood stained fluid coming from the nose or ears. This is cerebrospinal fluid which normally surrounds the brain.
- Severe dizziness or loss of balance.
- Confusion or strange behaviour.
- Problems with memory.
- Bleeding from the scalp that cannot be quickly stopped.
- Not being able to use part of the body, such as weakness in an arm or leg.
- Difficulty seeing or double vision.
- Slurred speech
- Unusual breathing patterns.
- Ringing or deafness in one or both ears.
- Having a seizure or fit (when your body suddenly moves uncontrollably).

After a minor head injury, your child may well cry or be distressed. This is quite normal. With attention and reassurance, most children will settle down. But if your child continues to be distressed, you should seek medical assistance.