

# My child bumped his head, what should I do?

## INFORMATION FOR PARENTS

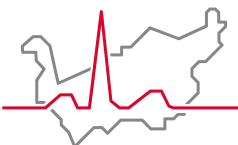


Hospital Centre of the French-speaking Valais Region  
**Paediatrics Department / Paediatric emergencies**

**The following brochure is to help you take care of your child after a minor head trauma.**

## WHAT SHOULD YOU LOOK OUT FOR AT HOME?

Your child has suffered head trauma. The medical examination and tests performed during the observation period have allowed him to be discharged. However, we cannot entirely exclude the (rare) development of late complications. Several studies have shown the necessity to monitor the child's condition for 24 hours. This can be done at home.



Hôpital du Valais  
Spital Wallis

[www.hopitalvs.ch](http://www.hopitalvs.ch) | [www.spitalvs.ch](http://www.spitalvs.ch)

### HERE ARE SOME ADVICE:

- If your child has a headache, give him paracetamol (Dafalgan® or Tylénol®) (dose:.....)
- Do not give him/her non-steroidal anti inflammatories (Brufen®, Algifor®, Ponstan®, Aspirine® or Aspégic®).
- Have your child rest for 24 to 48 hours. He can read, draw, play, watch television.
- Give him a light diet for 24 hours: drinks, broth, milk, yogurt, compote. He may vomit. We tolerate up to three episodes of vomiting.
- If he has to go into the sun, have him wear sunglasses and a cap.
- He should not do violent activities nor play sports for two weeks.
- Follow your doctor's instructions as to when he can go back to school (work).
- Do not hesitate to contact your pediatrician during the two weeks following the accident in case of symptoms.

### ...AND INSTRUCTIONS:

Contact the emergency department if your child shows any of the following symptoms:

- Persistent and increasing headache that won't go away with paracetamol
- Unusual drowsiness
- Dizziness
- Vomiting more than six hours after head trauma
- Vomiting more than three times
- Irritable, cries a lot and cannot be consoled

### BRING YOUR CHILD IMMEDIATELY TO THE EMERGENCY DEPARTMENT IF HE SHOWS ANY OF THE FOLLOWING SYMPTOMS:

- Convulsions
- Slurred speech or blurred vision
- Weakness of one arm or leg
- Unusual behavior
- Disorientation as to name and place
- Cannot be woken up, does not respond
- Unsteadiness / problems with balance
- Blood or clear fluid draining from the ears or nose

### When can you come to the emergency department in Sion?

We are available to see children between 0 and 16 years old 24h/24 every day of the week.

### CONTACT (IN FRENCH)

Centre Hospitalier du Valais Romand

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