

Head trauma

Info for parents

EMERGENCY DEPARTMENT

Contact

Tel. 09 332 27 42

Date

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Page

1/2

1 What is a head trauma?

Your child has suffered a mild head trauma as a result of a fall, blow or other accident. Your child might have a wound, but that does not mean that there is also damage to the head (the brain).

The symptoms are responding well to treatment and the results of our clinical examination are good, so it is safe to release your son/daughter from the hospital.

There is no need to worry if your child exhibits the following symptoms. They should disappear within two weeks:

- Mild headache
- Loss of appetite
- Moodiness
- Concentration problems
- Tiredness or difficulty sleeping

2 When to consult a doctor?

If the above symptoms do not disappear after two weeks, your child needs to be examined again by a doctor. Consult your doctor or paediatrician in this case.

3 Urgent medical advice

There may be problems in exceptional circumstances. Which is why it is important to keep an eye on your child for the first few days and to pay attention to the following signs of possible trouble:

- Your child does not wake up or is abnormally sleepy.
- Your child is confused.
- Your child speaks less well than normal.
- Your child faints.
- Your child has a severe headache that gradually worsens.
- Your child vomits.
- Your child cannot remember new events.
- Your child cannot use a certain part of the body normally.
- Your child has convulsions.
- Your child has severe neck pain.

- Your child has impaired balance or walks more slowly than usual.
- Your child complains of difficulties seeing or hearing.
- Clear fluid is running from your child's ears or nose.
- Your child is bleeding from one or both ears

If you notice any of these alarm signs, contact us again **immediately** and take your child back to the Emergency Department for examination by a doctor as soon as possible.

4 After returning home?

- Allow your child to rest and avoid stressful situations.
- Do not give sleeping pills or sedatives without a doctor's prescription.
- Do not allow your child to engage in contact sports for the first 3 weeks.
- Do not leave your child alone at home for the first 48 hours after release from the hospital.
- Allow your child go to school only if he or she demonstrates that this is possible again (plays, completely free of symptoms). Consult with your doctor if necessary.

5 Contact

The Paediatrics Department of University Hospital Ghent offers third-line care. This means that care is provided for complex disorders. The number of hospital beds at the Paediatrics Department is therefore limited. If your child needs to be admitted, we are able to arrange admission to another hospital. Thus we advise you to choose your own doctor/paediatrician who can monitor your child and refer the child to us if necessary.

For urgent questions:

- Emergency Department University Hospital Ghent: tel. 09 332 27 42
- Paediatrician on duty at University Hospital Ghent: tel. 09 332 35 15

For **urgent** medical help, come to the Emergency Department.

For **immediate** medical help, call 112.

This information does not replace consultation with a doctor and is also available in other languages.