

# ARTURO QUINTANILLA, MD

Board Certified Pediatrician

## Post-graduate Training:

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## • Head Trauma.

It is likely that your child will probably suffer accidental head trauma, very often a significant bruise or profuse bleeding may occur. Generally these head blows although dramatic are not severe, but cranial fracture can be present in 1-2 % of patients.

Physician consultation is advised when any of the following is present:

- Loss of consciousness, i.e. "passes out".
- Seizures, occurring after head trauma.
- Amnesia, occurring after head trauma.
- Vomiting, occurring after head trauma.
- Age below 12 months.
- Confused or disoriented, in time, place or person.
- Lethargy, i.e. maintains a drowsy, sleepy state and difficult to arouse.
- Visual disturbances i.e. blurred vision or double vision.
- Bleeding longer than 10 minutes.
- Headache, occurring after head trauma, does not improve with medications.
- Weakness or numbness: generalized or localized to a body part.

## • General Therapeutic Measures:

- 1) Apply local pressure with cold compresses for 10-15 minutes.
- 2) Observation for at least 2 hours after head trauma, if child falls asleep wake him/her every 2 hours and make sure he/she is oriented. Continue for 24 hours.
- 3) Clear liquids diet, start about 3-4 hours after head trauma, and observe if vomiting ensues.
- 4) Do not administer medications prior to consulting your pediatrician.