



Minor head injury?

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Are you feeling dazed with a mild to moderate headache? Nauseous? Are your ears ringing or is your vision

slightly off? You just might have a minor head injury. The signs of a head injury may appear much later after the original shock so it is important to know what to look for, both in yourself and in your children.

A minor head injury can cause the brain to have trouble working normally for a short time, but are not usually a serious problem. Most often caused by a blow to the head, a minor head injury can arise from a fall, a motor vehicle crash or a sports injury. Being forcefully shaken can also cause head injury.

Watching out for signs of a head injury is especially important during the first 48 hours as there may be a significant delay. You need not have been knocked unconscious to have sustained injury. If you are the one affected, it is a good idea to have someone stay with you to help watch for symptoms.

Every minor head injury is different. You might feel dazed right after the injury, but other symptoms may be a while coming — some may not show up for days or weeks after the injury. Look for these symptoms: A mild to moderate headache, dizziness or loss of balance, nausea or vomiting, significant changes in mood, ringing in the ears, reduced energy or drowsiness. You may also have trouble thinking, remembering things or concentrating.

The risk of getting a head injury tend to be doing active things like playing hockey, soccer, football — anything that can lead to an impact with the head.

However, there are additional risk factors for serious injury. The risk is higher if you have had a previous head injury or concussion, or are on blood-thinning medication.

Treating a minor head injury is usually quite simple: get plenty of rest and watch for signs of something more serious. Most of all, do not go back to an activity that can re-injure you. In other words, it may seem ‘rugged’ to get back in the game, but you are risking a much more dangerous and longer lasting outcome if you do. Also, unless directed by your doctor, do not take sedatives or pain medications for at least two days following the injury.

If your child may have been injured they may not realize it, or even tell you about it. Some particular signs to be looking for include your child having trouble recognizing your or being confused. They

may have a persistent or worsening headache and have difficulty balancing. Your child might exhibit weakness in a limb or complain of disturbances in their vision. He or she might also experience fluid or blood leaks from the nose or ears. Contact

your doctor or emergency department right away.

A minor head injury need not be life-threatening or dangerous. The key to ensuring it is not is rest and staying aware of symptoms that will warn of more serious consequences. And if you can, have someone with you to watch at the same time.

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