Krishna Children's Hospital Guide to Febrile Seizures in Young Children

Few moments frighten parents more than seeing their child suddenly stiffen, jerk or lose consciousness during a fever. These episodes, known as febrile seizures, are relatively common in young children and, in most cases, do not cause lasting harm. Still, every seizure deserves medical evaluation, and parents benefit enormously from knowing what to do. Families often ask whether a febrile seizure means their child has epilepsy, and questions about epilepsy in children Hyderabad are among the most common concerns raised at Krishna Children's Hospital. This guide from Krishna Children's Hospital, a child-focused hospital in Lakdikapul, Hyderabad, with in-house pediatric neurology, explains febrile seizures in clear terms.

What Is a Febrile Seizure?

A febrile seizure is a seizure triggered by fever in a child, usually between about six months and five years of age, without an infection of the brain or another known cause. The fever is often caused by common viral infections. Seizures can happen as the temperature rises quickly, sometimes before parents realise the child has a fever.

Types of Febrile Seizures

Simple Febrile Seizures

The most common type. They last less than 15 minutes, involve the whole body and do not recur within 24 hours.

Complex Febrile Seizures

These last longer than 15 minutes, affect only one side of the body, or happen more than once within 24 hours. Complex seizures need more detailed evaluation.

What a Febrile Seizure Looks Like

- Sudden loss of consciousness
- Stiffening of the body
- Rhythmic jerking of arms and legs
- Eyes rolling back
- Brief pause in normal breathing or bluish lips

- Drowsiness or confusion afterwards

What to Do During a Seizure

- Stay calm and note the time.
- Lay your child on their side on a safe surface.
- Move hard or sharp objects away.
- Loosen tight clothing.
- Do not put anything in the child's mouth.
- Do not try to restrain movements.
- Record a short video if possible; it helps doctors.
- Stay with your child until they are fully awake.

When to Call for Emergency Help

- The seizure lasts longer than five minutes.
- Your child has difficulty breathing or remains blue.
- Another seizure follows.
- Your child does not wake up normally afterwards.
- It is your child's first seizure.
- There is a stiff neck, severe drowsiness or vomiting.

Krishna Children's Hospital provides emergency care without prior booking and can be reached on 040-66838383, listed as available 24/7.

Evaluation After a Febrile Seizure

After a seizure, doctors look for the cause of the fever and check for signs of serious infection. For simple febrile seizures, extensive tests are often not needed. For complex seizures, repeated seizures or unusual features, a review by a child neurologist Hyderabad families trust may be recommended, along with tests such as EEG or imaging when appropriate.

Will My Child Have More Seizures?

Some children have another febrile seizure during future fevers, especially if the first happened at a young age or there is a family history. Most children outgrow febrile seizures by about age five or six.

Does a Febrile Seizure Mean Epilepsy?

Most children who have febrile seizures do not develop epilepsy. The risk is slightly higher than in the general population, particularly after complex febrile seizures or when there are

developmental concerns or a family history of epilepsy. Your doctor will discuss your child's individual situation.

Preventing Injury During a Seizure

Most injuries during febrile seizures happen when a child falls or hits nearby objects. If your child has had a febrile seizure before, avoid leaving them unattended during fevers, especially on beds, sofas or in the bath. Keep the sleeping area free of hard objects and make sure caregivers, grandparents and babysitters know basic seizure first aid.

Managing Fever at Home

- Keep your child comfortable with light clothing and fluids.
- Use fever-reducing medicine only as advised by your doctor.
- Fever medicines make children more comfortable but do not reliably prevent febrile seizures.
- Never give aspirin to children unless prescribed.

Questions to Ask Your Doctor

- Was this a simple or complex febrile seizure?
- Are any tests needed?
- What should we do during future fevers?
- When should we seek emergency care?

Emotional Support for Parents

Witnessing a seizure is distressing. Many parents feel anxious during every future fever. Talking with your doctor, learning first aid and having a clear plan can help restore confidence.

Pediatric Neurology at Krishna Children's Hospital

Krishna Children's Hospital describes itself as the only hospital in Hyderabad with in-house pediatric neurology. Families seeking the best pediatric neurologist in Hyderabad for follow-up after seizures can be assessed alongside general paediatric care, diagnostics and therapy support under one roof.

Final Word

Febrile seizures are frightening, but most children recover fully and outgrow them. Learn first aid, know when to call for help and follow up with your doctor. Krishna Children's Hospital is located at 11-5-423/B, Niloufer Road, Red Hills, Lakdikapul, Hyderabad. Call 040-66838383 for emergency care or consultations.