

Concussion Home Instructions

The person you have been asked to watch has suffered a concussion, which at this time does not appear to be severe. However, to ensure proper care, please follow these instructions for the next 24 hours.

1. Do not leave the person alone.
2. Do not engage in ANY physical activity that raises the heart-rate or blood pressure.
3. Do not engage in ANY mental activity that requires concentration. This can include, but is not limited to, reading, video games, computer use & watching television.
4. Avoid loud and/or bright environments.
5. Tylenol may be given as directed on the label and as needed. No anti-inflammatory products (Advil, Motrin, Aleve, aspirin) should be taken unless directed to do so by a physician.
6. It is not necessary to wake the person up in the night unless you have been otherwise instructed to do so. You can look in on them to ensure they are resting comfortably and breathing normally. Rest is the most important component of recovery from a concussion.
7. Symptoms that indicate advanced care is needed as soon as possible include:
 - a. Convulsions or seizures
 - b. Trouble using arms and legs, loss of coordination
 - c. Visual difficulties, unequal pupil size; slow or no pupil reaction to light
 - d. Difficulty breathing
 - e. Temperature above 100.5° with or without stiffness of the neck
 - f. Garbled speech
 - g. Bleeding from the nose or ears
 - h. Decreasing alertness
 - i. Vomiting – it is not uncommon to experience some nausea
 - j. Persistent intense headache lasting more than 48 hours or a headache that gets progressively worse
 - k. Confusion – cannot recall correct date, recent events
 - l. Restlessness or irritability

A concussion is an injury to the brain that is caused by a blow to the head or body that causes the brain to move around inside the skull in an abnormal way. You can have a serious concussion without losing consciousness or having an obvious injury to the visible portion of the head. Concussions can result in permanent damage to the brain and can even cause death. Compliance with instructions given by your healthcare provider (physician or athletic trainer) and honesty about the symptoms are critical to recovery. Every individual is different in how they manifest symptoms and how long they will take to return to normal.

Follow-up in the Athletic Training Room on _____ at _____.

Call _____ if you have any questions.