

Complete Concussion Management™ Post-Injury Advice

- You had a mild brain injury, sometimes called a concussion. Most people recover quickly following a mild brain injury. Occasionally, symptoms may be experienced over a longer period
- There is a small risk of you developing serious complications in the short-term following brain injury. You should be watched closely by a responsible adult for at least 24 hours after your injury (see Warning signs below)
- The rest of this document outlines what signs to look for after a brain injury and what you need to do if you have problems.

WARNING SIGNS

If you show any of these signs of symptoms after your brain injury, or you get worse, go to the nearest hospital emergency department or call 911 immediately.

- Fainting or blacking out, extreme drowsiness, or can't be woken up
- A constant severe or worsening headache
- Vomiting
- Cannot remember new events (asking same questions: "why are we here?" etc.)
- Can't recognize people or places (confusion)
- Acting strange, saying odd or incoherent things (change in behavior)
- Having a seizure (and jerking of the body or limbs, or blank stare)
- Inability to move parts of your body, weakness in arms or legs, or clumsiness
- Blurred vision or slurred speech
- Being unsteady on feet or loss of balance
- Continual fluid or bleeding from the ear or nose

The First 24-48 Hours After Injury

- **Warning Signs: You should be monitored closely by a responsible adult and go to the nearest hospital emergency department if you have any of the above.**
- **Rest/Sleeping:** Concussions result in extremely low energy states in the brain. Complete rest (both mental and physical) and avoid any strenuous activity for at least 24 to 48 hours. It is alright for you to sleep tonight but you should be woken and checked every 2 to 4 hours by someone to make sure you are alright.
- **Driving:** Do not drive for at least 24 hours. You should not drive until you feel much better and can concentrate properly.
- **Drinking/Drugs:** Do not drink alcohol or take sleeping pills or recreational drugs in the next 48 hours. All of these things can make you feel much worse. They can also "mask" your symptoms, making it more difficult for other people to tell whether the injury is affecting you or not.
- **Pain Relief:** Pain medications may also mask the signs of a worsening condition and should be avoided if possible in the first 24 hours. If you must take a pain relief medication use **acetaminophen** or **acetaminophen/codeine** for headaches (e.g., Tylenol)
- **School/Work:** Follow the return-to-learn or return-to-work steps outlined by your care provider. Steps are advanced only when you are able to complete the previous step with no symptoms. Steps are as follows: (1) Rest (2) Light cognitive activity (3) Half-day of school or work, and (4) Full day of school or work.
- **Sports:** Do not return to sports until you have received medical clearance from your healthcare provider.

Make an appointment to see your healthcare provider if you are not starting to feel better within a few days of your injury