

Southeastern Health Concussion Home Instructions and Information

I believe that _____ sustained a concussion on _____. To make sure that he/she recovers, please follow the following important recommendations below. Additionally, please remind them to report to the athletic training room before practice for re-evaluation.

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days later after the injury. If your child reports any symptoms of a concussion or if you notice the symptoms yourself, seek medical attention. Because the brain is very complex and trauma to the head is different, every brain injury is different.

Please review the following list. If ANY of these symptoms develop prior to the follow up with the athletic trainer, contact your physician or local EMS.

- Any decrease in the level of consciousness
- Any increase in the severity of symptoms
- An increase in the number of symptoms
- Any weakness or numbness in arms or legs
- Any difficulty with facial expressions, numbness of the face, hearing, vision and balance
- Abnormal breathing, pulse or blood pressure
- Neck pain
- Seizures
- Vomiting
- One pupil is bigger than the other

If none of the above list occurs, please follow the below instructions:

- You may use Acetaminophen (Tylenol) for a headache, but do not use any other medication unless instructed by a physician
- Use icepacks on head or neck for comfort
- It is ok to go to school
- It is ok to go to sleep
- Do not take part in any strenuous activity until cleared by your athletic trainer and physician
- Do not drink alcohol or eat/drink spicy foods or beverages