

CONCUSSION TAKE HOME INSTRUCTIONS

Name: _____ Date: _____

You have sustained a mild traumatic brain injury (concussion), which is a very serious injury and needs to be monitored. There are various signs and symptoms of a mild head injury that may show up immediately or several hours since initial injury. The following were signs and symptoms that you had during the initial evaluation:

HEADACHE	NAUSEA
VOMITING	BALANCE PROBLEMS / DIZZINESS
FATIGUE	SENSITIVITY TO LIGHT / NOISE
ALTERED EMOTION/BEHAVIOR	RINGING IN THE EARS
NUMBNESS/TINGLING	FEELING SLOWED DOWN
FEELING IN A "FOG"	DIFFICULTY CONCENTRATING
DIFFICULTY REMEMBERING	CONFUSION / DISORIENTATION
DELAYED VERBAL / MOTOR SKILLS	SLURRED / INCOHERENT SPEECH
SLOWING OF PULSE	CONVULSIONS / TREMORS
BLURRED VISION	SADNESS
CLEAR FLUID DRAINAGE FROM EAR/NOSE	BREATHING DIFFICULTY
AMNESIA (ANTEGRADE/RETROGRADE)	CONTINUED DOUBLE VISION
BLOOD/FLUID FROM THE EARS OR NOSE	WEAKNESS IN EITHER ARM OR LEG
VOMITING MORE THAN ONCE OR TWICE	UNCONTROLLABLE EYE MOVEMENTS

Please remember to follow up with a physician for clearance. Please review the marked symptoms above. If these symptoms worsen, or if any of the additional symptoms appear, report to the emergency room immediately. Use the second page of this (Repeat post-concussion scales) to rate your symptoms each day (after you have been up for at least 2-3 hours) so that you can take that to your physician and they can get a better idea of your recovery. At the very least, **YOU SHOULD NOT RETURN** to any physical activity until you are symptom free both at rest and under exertion, and also cleared by a physician.

Otherwise, follow the instructions below:

It is OK to:

- Use Acetaminophen (Tylenol) for headaches (**Do not take anything before your appointment**)
- Use ice pack for neck and head for comfort
- To walk to and attend class
- Go to sleep at a decent hour
- Rest

DO NOT:

- Take aspirin/Ibuprofen (Advil/Motrin) for headaches
- Do any physical/strenuous activity
- Drink Alcohol/caffeinated beverages
- Stay up late
- watch tv, play video games, sit at a computer or listen to loud music for long periods of time.
