

CONCUSSION Patient Education

What is a concussion?

A concussion is a disturbance in your brain that occurs after getting hit in the head. A concussion can change the way your brain works. A concussion looks different for each person. *It can happen even if you don't get knocked out or your "bell rung."*

What are the symptoms of a concussion? (One or more)

Headache	Irritable, bad mood
Can't remember things	Feel disorganized, lose things, feel "different"
Upset stomach, vomiting	Lack of energy, feel tired
Blurry or double vision	Poor sleep—not enough or wake up a lot
Feeling in a "fog"	Dizzy, feel off balance

What to Expect:

- Your brain needs time to heal. You may feel more tired, irritable and not sleep very well.
- You may also find it harder to remember things.
- Avoid physical exercise or activities that involve a lot of concentration, such as driving, studying, texting, working on the computer, television or even playing video games, which may worsen your symptoms or cause some symptoms to re-appear.
- While your brain is still healing, you are much more likely to have a repeat concussion, which can cause permanent injury and even death.
- Your parents/family, school staff and significant others will be asked to observe you and help you; let them know if you are experiencing any problems.
- You will be evaluated by a physician to determine how the concussion is affecting you.
- *Before returning to any sports, you must be re-evaluated by your physician and medically cleared to return when it is safe for you to do so.*

What to Watch For:

If you develop any new symptoms or worsening of any current symptoms, contact your physician immediately and stop all activity.

Medications:

- ☐ *Headache/pain:* Tylenol or Ibuprofen is usually used
- ☐ *Nausea medications:* as needed for your symptoms

Additional Instructions:

- DO NOT drive or operate any equipment that requires mental alertness
- Avoid the use of electronics (texting, computer, TV, video games) while your brain rests
- Do not drink any alcohol or use street drugs
- Do not take any medications or supplements that are not prescribed by your doctor

Safe Return to Athletics & Activity:

- Brain rest—avoiding mental & physical exertion, as described above.
- Once you are medically cleared by your physician, you can progress your activities in steps to return to all activity, including practice and competition.

Safe Return to School

Complete brain rest after a concussion is important for the brain to heal. This may include staying home from school for several days with a gradual return to a full school day in steps. Limiting activities requiring mental attention such as homework/ studying, computer use, texting and other activities is also important. Rest at recess and breaks are recommended. ***Talk to your teachers and coaches about catching up on school work, timing of tests or major projects as your symptoms improve.*** It is not recommended that you catch up on all of your missed work immediately.

There is NO need to:

- Wake up every hour
- Check eyes with a flashlight
- Test reflexes
- Stay in bed

Student Name	Student Signature	Date
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Parent or Legal Guardian Name	Parent or Legal Guardian Signature	Date
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