

Discharge Instructions for Concussion

You have been diagnosed with a concussion, a type of brain injury caused by a sudden impact to your head. It can also be caused by sudden movement of your brain inside your head, such as from forceful shaking. Some concussions are mild. Most people recover completely from mild concussions. But recovery may take days, weeks, or months. For some, symptoms may last even longer. Early care and monitoring are important to prevent long-term complications.

Home care

Do's and don'ts:

- Ask a friend or family member to stay with you for a few days. You should not be alone until you know how the injury has affected you.
- Tell your caregiver to wake you every 2 to 3 hours during the first night. **Your caregiver should call 911 if he or she can't wake you, or if you are confused.**
- Don't take any medicine—not even aspirin—unless your healthcare provider says it's OK. If you have a headache, try placing a cold, damp cloth on your forehead.
- Eat light. Clear liquids, such as broth or gelatin, are a good choice.
- Don't drink alcohol or use any recreational drugs.
- Don't return to sports or any activity that could cause you to hit your head until all symptoms are gone and your healthcare provider says it's OK. A second head injury before full recovery from the first one can lead to serious brain injury.
- Don't do activities that require a lot of concentration or attention. This will allow your brain to rest and heal more quickly.

The best way to recover is to discuss symptoms with your healthcare provider and your family. Work closely with your healthcare provider and give your brain time to heal.

Follow-up care

Follow up with your healthcare provider, or as advised.

Call 911

Your caregiver should call 911 right away if you have fallen asleep, cannot be awakened, or you are confused.

When to call your healthcare provider

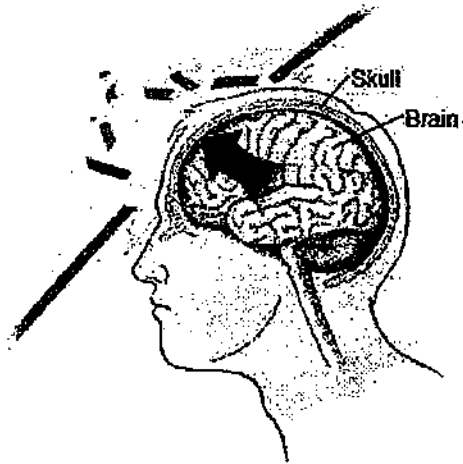
Call your healthcare provider right away if any of these symptoms occur:

- Vomiting
- Clear or bloody drainage from your nose or ear
- Constant drowsiness or trouble waking up
- Confusion or memory loss
- Blurred vision
- Trouble walking, talking, or concentrating
- Increased weakness or problems with coordination
- Constant headache that can't be relieved or gets worse
- Changes in behavior or personality

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Head Injury, No Wake-Up (Adult)



You have had a head injury. It does not appear serious at this time. Symptoms of a more serious problem (concussion, bruising, or bleeding in the brain) may appear later. Therefore, watch for the **WARNING SIGNS** listed below.

Home Care:

- Your healthcare provider will tell you whether it's okay to drive. If so, you can drive yourself home. For the next day or so, be careful when driving or using heavy machinery until you are sure you have no delayed symptoms.
- During the next 24 hours someone must stay with you to check for the signs below. It is not necessary to stay awake or be awakened during the night.
- If you have swelling of the face or scalp, apply an ice pack (ice cubes in a plastic bag, wrapped in a towel) for 20 minutes. Do this every 1-2 hours until the swelling starts to go down.
- Do not use aspirin or ibuprofen (Motrin, Advil) after a head injury. You may use acetaminophen (Tylenol) to control pain, unless another pain medicine was prescribed. [NOTE: If you have chronic liver or kidney disease or ever had a stomach ulcer or GI bleeding, talk with your doctor before using these medicines.]
- For the next 24 hours:
 - Do not take alcohol, sedatives or medicines that make you sleepy.
 - Avoid strenuous activities. No lifting or straining.
- If you have had any symptoms of a concussion today (nausea, vomiting, dizziness, confusion, headache, memory loss or if you were knocked out), do not return to sports or any activity that could result in another head injury until all symptoms are gone and you have been cleared by your doctor. A second head injury before fully recovering from the first one can lead to serious brain injury.

Follow Up

with your doctor if symptoms are not improving after 24 hours, or as directed.

[NOTE: A radiologist will review any X-rays or CT scans that were taken. We will notify you of any new

findings that may affect your care.]

Get Prompt Medical Attention

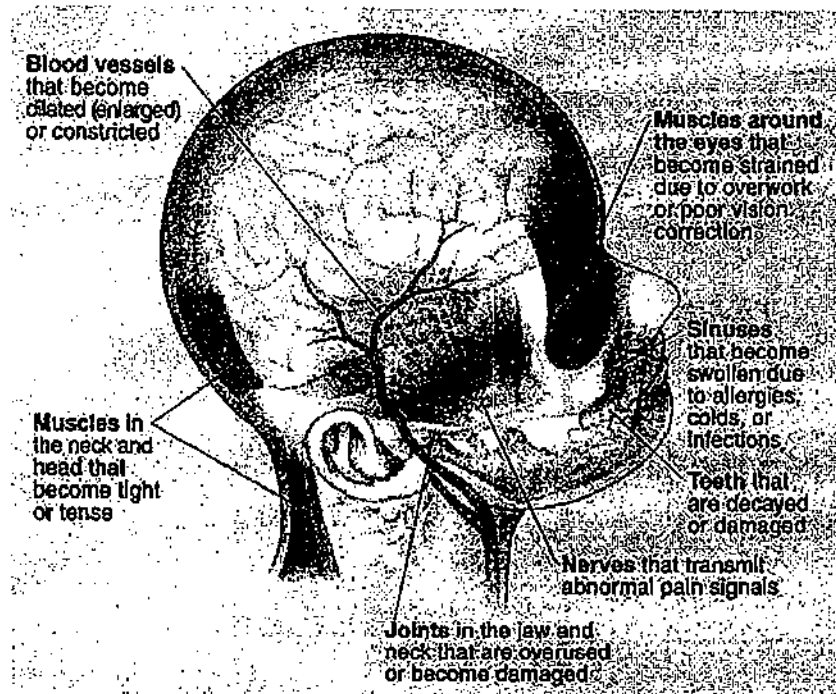
if any of the following WARNING SIGNS occur:

- Repeated vomiting
- Severe or worsening headache or dizziness
- Unusual drowsiness, or unable to awaken as usual
- Confusion or change in behavior or speech, memory loss, blurred vision
- Convulsion (seizure)
- Increasing scalp or face swelling
- Redness, warmth or pus from the swollen area
- Fluid drainage or bleeding from the nose or ears

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Understanding Headache Pain

Headache pain can start in different structures in the head. The brain itself doesn't hurt, but other parts of the head do. Headache is a common symptom of illness, such as a cold or the flu. At other times, headaches happen without seeming to be connected to any illness. These are known as primary headaches. Examples of primary headaches include migraine and tension headaches. Very rarely are headaches a sign of a serious medical problem.



What is referred pain?

Referred pain has its source in one place, but is felt in another. For example, pain behind the eyes may actually be caused by tense muscles in the neck and shoulders. This means that the place that hurts may not be the part of the head that needs treatment.

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