

Concussion Patient Information Sheet

Name: _____: You have had a concussion and need to be watched closely for the next several days until you have completely recovered. The following information is regarding your treatment and recovery.

What is a concussion? A concussion is a brain injury that is caused by a blow to the head or body. It may occur from contact with another player, hitting a hard surface such as the ground, floor, being hit by a piece of equipment such as a bat or ball, or a motor vehicle accident. A concussion can change the way your brain normally works. It can range from mild to severe and presents itself differently for each athlete.

***A concussion can happen even if you do not lose consciousness.**

What are the symptoms of a concussion? You can't see a concussion, but you may notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms may include:

Amnesia	Nausea (feeling that you might vomit)
Confusion	Feeling sluggish, foggy or groggy
Headache	Feeling unusually irritable
Loss of consciousness	Difficulty getting to sleep or disrupted sleep
Balance problems or dizziness	Slowed reaction time
Double or fuzzy vision	Concentration or memory problems
Sensitivity to light or noise	

How do you recover from a concussion? Your brain needs time to heal. **Until you completely recover from your concussion, you will be held from all athletic activity.** Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life. You will be evaluated by your physician initially and undergo some testing to determine how the concussion is affecting your ability to balance (BESS test) and process information (IMPACT test). You will be followed daily by your athletic trainer to monitor your symptoms. When your symptoms are completely gone and your concussion testing results have returned to a normal level, you will perform some exertional tests under the supervision of your athletic trainer. **Before returning to your sport, you must be re-evaluated by your physician and medically cleared for return.**

What to watch for? If you develop any new symptoms or increases in current symptoms, contact your athletic trainer or physician immediately at:

Medications:

Acetaminophen (Tylenol): take 2 tablets every 4 hours *as needed for headache*.

Additional Instructions: DO NOT drive a car or motor scooter, drink alcohol, eat greasy or spicy foods, or take aspirin, Aleve, Advil or other anti-inflammatory medications!

Follow-up: You will be seen for follow-up examination by _____ on _____ at _____ AM/PM.