

Gonzaga Prep Sports Medicine

Post-Concussion Home Care Instructions

I believe that _____ sustained a concussion on _____.

To make sure they recover, please follow the following important recommendations:

1. _____ must report to the athletic training room to follow up with the athletic trainer on _____.
2. If any of the problems below develop before the follow-up visit, please call _____ at _____ or contact the local emergency medical system or your family physician.

- Decreased level of consciousness
- Increasing confusion
- Increasing irritability
- Loss of or fluctuating level of consciousness
- Numbness in the arms or legs
- Pupils becoming unequal in size
- Repeated vomiting
- Seizures
- Slurred speech or inability to speak
- Inability to recognize people or places
- Worsening headache

Otherwise, you can follow the instructions below.

It is OK to

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head and neck as needed for comfort
- Eat a carbohydrate-rich diet
- Go to sleep
- Rest (no strenuous activity or sports)

There is NO need to

- Check eyes with flashlight
- Wake up frequently (unless otherwise instructed)
- Test reflexes
- Stay in bed

Do NOT

- Drink alcohol
- Drive a car or operate machinery
- Engage in physical activity (exercise, weight lifting, physical education, sports, etc.)
- Engage in mental activity (school, job, homework, computer games, etc.) that make symptoms worse

Other recommendations