**Concussion Information: Home Instruction Sheet**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ suffered a concussion on \_\_\_\_\_\_\_\_\_\_\_\_\_.

Due to your concussion you will need to be watched closely for the next 24-48 hours. Quite often the signs of a head injury do not appear immediately after trauma but hours after the injury itself. If any of the below symptoms develop, immediately (anytime of the night) call your athletic trainer.

**WATCH FOR ANY OF THE FOLLOWING PROBLEMS:**

Difficulty remembering recent events Slurring of Speech

Worsening headache Stumbling/loss of balance

Vomiting Weakness in one arm/leg

Decreased level of Consciousness Blurred Vision

Dilated Pupils Confusion

Increased irritability Ringing in Ears

Increased Confusion

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| --- | --- | --- |
| It is OK to: | There is no need to: | **DO NOT:** |
| Use Tylenol  Use an ice pack for comfort  Eat a light meal  Go to sleep | Check eyes with a light Wake up every hour  Stay in bed | **Drink Alcohol**  **Eat spicy foods**  **Drive a car**  **Use aspirin, Aleve, Advil or other NSAID products** |