

# TAS SPORTS MEDICINE

## POST CONCUSSION HOME INFORMATION



**Danger signs** – Seek medical care immediately if symptoms worsen.

- Headaches that worsen
- Seizures
- Neck pain
- Unusual behavior change
- Very drowsy, can't be aroused
- Repeated vomiting
- Slurred speech
- Significant irritability
- Can't recognize people and places
- Increasing confusion
- Weakness/numbness in arms/legs
- Less responsive than usual
- Pupils are uneven
- Difficulty walking

**Common signs & symptoms** – It is common to have one or many concussion symptoms.

### PHYSICAL

- Headache
- Nausea/vomiting
- Dizziness
- Balance problems
- Visual problems
- Fatigue
- Sensitivity to light or noise

### COGNITIVE

- Feeling “foggy”
- Feeling “slowed down”
- Difficulty remembering
- Difficulty concentrating

### EMOTIONAL

- Irritability
- Sadness
- Nervousness

### SLEEP

- Drowsiness
- Sleeping less
- Sleeping more
- Trouble falling asleep

## Concussion management recommendations

### IT'S OKTO:

- Take acetaminophen for pain
- Use ice pack on head and neck for comfort
- Sleep (rest is very important)
- Eat a light diet
- Get mental and physical rest

### NONEED TO:

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

### DO NOT:

- Take aspirin, ibuprofen or naproxen for first 48 hours
- Drive until cleared by medical provider
- Use guns or machinery until cleared by medical provider

## How do you recover from a concussion?

- Your brain needs time to heal. Rest is the best medicine.
- Until you completely heal, you will be restricted from exercise and cognitive activity.
- You should **NOT** participate in any activities that could result in another head injury (e.g. sports, physical education, riding a bike, horseback riding, roller coasters, etc.) While recovering, you are more vulnerable to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death.
- Avoid activities that may cause symptoms to worsen:
  - Listening through headphones or earbuds
  - Loud or bright environments, such as movie theaters and live concerts
  - Reading books or online for extended periods
  - Textingmay cause concussion symptoms (such as headache or tiredness) to reappear or worsen.
- Do not drive unless cleared to do so by your health care provider.
- Get adequate sleep. Extend your usual sleep time. Nap earlier in the day if needed.
- Students may need to miss a few days of school or postpone tests. Adults may need to miss a few days of work.
- If you are an athlete, when your symptoms are completely gone, you will perform a stepwise supervised return to play protocol. Before returning to your sport, you must be re-evaluated by your physician or neuropsychologist and cleared for return.

For referrals or appointments, please visit <https://www.tas.edu.tw/athletics/inside-athletics/sports-medicine>



# GO TIGERS!