

Home Care Instructions for Concussions



Your son/daughter has sustained a head injury while participating in athletics in a Lake Dallas ISD athletic program. In some instances, the signs of a concussion do not become obvious until several hours or even days after the injury. Please be especially observant for the following signs and symptoms.

1. Headache (especially one that increases in intensity*)
2. Nausea and vomiting*
3. Difference in pupil size from right to left eye, dilated pupils*
4. Mental confusion / behavior changes
5. Dizziness
6. Memory Loss
7. Ringing in the ears
8. Changes in gait or balance
9. Blurry or double vision*
10. Slurred speech*
11. Noticeable changes in the level of consciousness (difficulty awakening or losing consciousness suddenly)*
12. Seizure activity*
13. Decreased or irregular pulse OR respiration*

****Seek Medical Attention at the nearest emergency room****

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. If you have any questions or concerns at all about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department. Otherwise, you can follow the instructions outlined below.

It is OK to:

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head & neck for comfort
- Eat a light diet
- Go to sleep
- Rest (No strenuous activities or sports)

There is no need to:

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

DO NOT

- Drink alcohol
- Drive while symptomatic
- Exercise or lift weights
- Take advil or NSAIDs

If you're concerned your child may have a concussion, be sure to contact athletic training staff: 940-497-6716