Home Care for Head Injuries

Please be advised of the following signs and symptoms that could result from a mild-moderate head injury. Over the next few days, he/she should avoid bright lights, playing video games and loud places to allow his/her brain to heal. The athlete should be allowed to sleep as much as possible, night and day. The following checks should be continued beyond 24 hours if doubt exists. Do not give any medication. (Tylenol only if his/her headache becomes severe).

ATHLETE SHOULD:

1. Be able to move all extremities.
2. Be able to identify where he/she is, who is checking on him/her, and who he/she is.
3. Have both pupils the same size, and reactive to light –(pupils should get smaller when exposed to light)

OTHER SYMPTOMS TO BE WATCHED FOR ARE:

1. Drowsiness or undue irritability.
2. Projectile or repeated vomiting.
3. Blurred or double vision.
4. Dizziness.
5. Persistent headache (no patent pain relieving drugs or sedative be given).
6. Fluid or blood coming from ears or nose.
7. Weakness of any face, arm, or leg muscles.
8. Twitching or convulsions.
9. Change in respiration—difficulty breathing or bluish tinges to skin.
10. Difficulty speaking, slurred or incoherent speech.
11. Confusion, disorientation—abnormal behavior.
12. Loss of consciousness.

Please follow all the instructions that are given to you. If you have any questions or concerns, please call the Athletic Trainer or Children's Healthcare of Atlanta Urgent Care:

Jimmy Bradberry, MS, ATC/L
Certified Athletic Trainer
(678) 708-5975

CHOA Urgent Care
1501 Hudson Bridge Rd. Stockbridge, GA
(404) 785-8660

OR go to the emergency room of the most convenient hospital.