Head Injury Home Care Instruction Sheet

Riverview Health

Your child has sustained a head injury. To ensure their health and safety at home, please be aware that every head injury is unique. Some symptoms may appear immediately, while others can develop hours or days after the concussion occurs.

If any of the following symptoms arise, contact your family physician or dial 911:

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

Otherwise, you can follow the instructions outlined below to care for your athlete.

It is OK to:

- Use acetaminophen (Tylenol) for headaches
- Use an ice pack on the head and neck as needed for comfort
- Eat a carbohydrate-rich diet
- Get plenty of sleep at night
- Rest (no strenuous activities or sports)

There is no need to:

- Check eyes with a flashlight
- Wake up frequently (unless directed by a physician)
- Test reflexes
- Stay in bed

Do NOT allow your athlete to:

- Drive a car or operate machinery
- Perform any physical activity (NOT specifically approved by an athletic trainer or an MD/DO)
- Engage in cognitive tasks or activities (e.g., computer games or watching TV) that worsen their symptoms

Other recommendations

- Schedule an appointment with a physician trained to evaluate and manage head injuries.
- Do not return to participation in practice or games until cleared by an MD or DO.
- Make sure to stay well hydrated.

Riverview Health Physicians Orthopedics & Sports Medicine

Trenton Schmale, DO - Sports Medicine/Concussion Specialist

Sheridan: 317.758.4477 | **Westfield:** 317.770.3777

Andrew Schroeder, DO - Sports Medicine/Concussion Specialist

Carmel: 317.770.3777