

HOUSTON METHODIST CONCUSSION CENTER

Post Concussion Home Instructions

DANGER SIGNS

Seek medical care immediately if symptoms worsen or if there are any behavioral changes.

- 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 OK to:

- 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

No need 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. There is no medication that will cure a concussion, only to treat symptoms such as headache or nausea. Rest is the best "medicine".
- Until you completely heal you will be restricted from exercise/athletic activity 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.) or physical activities that increase your heart rate. While recovering, you are more vulnerable to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death.
- Exercise or cognitive activity that involves a lot of concentration or noise such as:
 - Computer work
 - Reading for extended periods
 - Studying
 - Texting
 - Playing video games
 - Loud or bright environments such as movie theatres and concert
 - Wearing head phones/ear budsMay 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.
- Adequate sleep is key:
 - Extending your usual sleep time is best
 - Nap earlier in the day if needed, but not late afternoon or early evening
- Students may need to miss a few day 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 a full return.

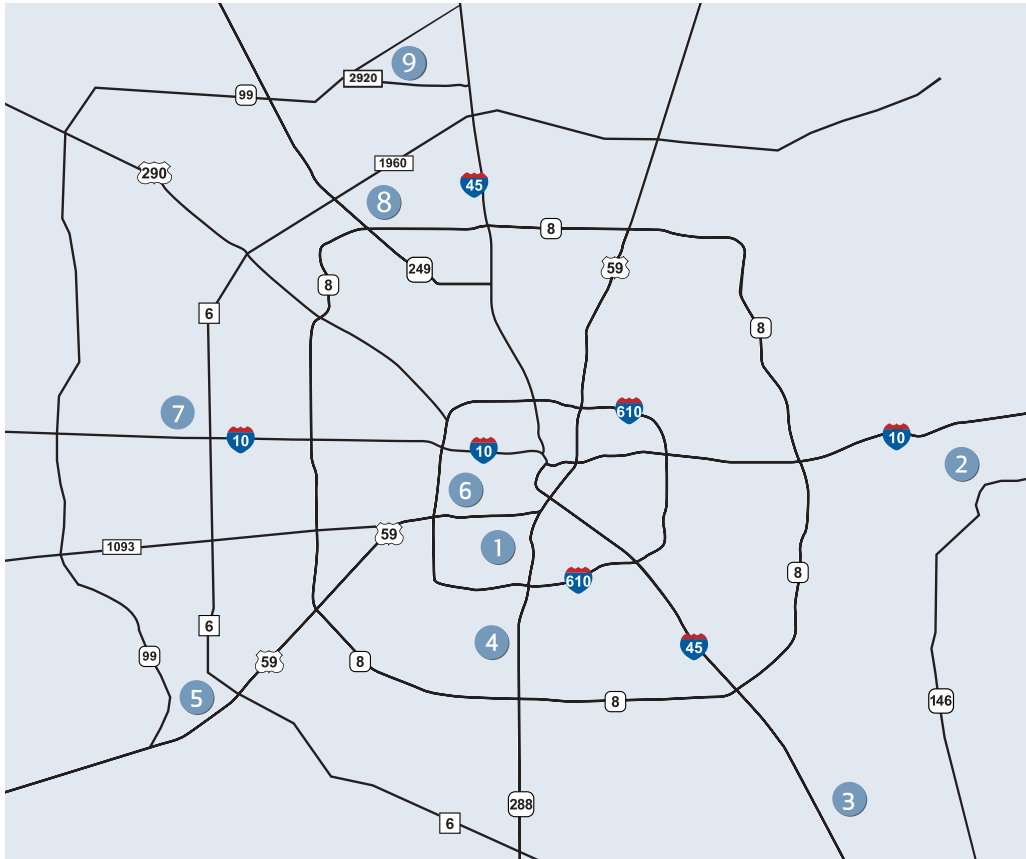
For referrals or appointments, please call **713.441.8277** or visit houstonmethodist.org/concussion.



OFFICIAL HEALTH CARE PROVIDER



HOUSTON METHODIST CONCUSSION CENTER



- 1 TEXAS MEDICAL CENTER**
Houston Methodist Concussion Center
Scurlock Tower
 6560 Fannin St., Suites 802 and 1840
Smith Tower
 6550 Fannin St., Suite 2600
 Houston TX 77030
 713.441.8277
- 2 BAYTOWN**
Houston Methodist Concussion Center
 4000 Garth Road, Suite 200
 Baytown, TX 77521
 713.441.8850
- 3 ST. JOHN**
Houston Methodist Concussion Center
 2020 NASA Pkwy., Suite 180
 Nassau Bay, TX 77058
 281.523.3355
- 4 HOUSTON SPORTS PARK**
Houston Methodist Concussion Center
 12131 Kirby Drive, Suite 200
 Houston, TX 77045
 713.441.8850
- 5 SUGAR LAND**
Houston Methodist Concussion Center
 16811 Southwest Frwy., Suite 200
 Sugar Land, TX 77479
 281.690.4678

- 6 TIMMONS (GREENWAY PLAZA)**
Houston Methodist Concussion Center
 3100 Timmons Ln., Suite 120
 Houston, TX 77027
 713.441.8850
- 7 WEST**
Houston Methodist Concussion Center
 Medical Office Building One
 18400 Katy Frwy., Suite 200
 Houston, TX 77094
 832.522.2663
- 8 WILLOWBROOK**
Houston Methodist Concussion Center
 13802 Centerfield Drive, Suite 300
 Houston, TX 77070
 281.737.0902
- 9 FRENCH QUARTER (SPRING)**
Houston Methodist Concussion Center
 7105 FM 2920
 Spring, TX 77379
 281.737.0902



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