

Care Instructions for Concussions

Your son/daughter sustained a concussion today. A concussion is a serious injury that involves the head and may have resulted from a blow to the head or other trauma. This blow to the head injures not only your child's head but also his/her brain. This injury can lead to an interference with their memory, thinking ability, focusing ability, judgment, reflexes, speech, balance and coordination.

When the brain gets injured during a concussion, it needs time to heal. If it gets re-injured too quickly, permanent brain damage or death can occur. Because of this, your son/daughter will be **unable** to participate in sports or other activities until they are symptom free of their concussion for at least 24 hours and have been evaluated and cleared by a physician.

As your son/daughter comes home tonight, it is normal if they are sensitive to light and sounds. They might have a decreased ability to do their school work or carry on a conversation. Your child also might have trouble getting around the house and may be dizzy or confused.

It is important that you observe your child during the first few hours of their concussion. If you see that his/her symptoms are getting worse while at home, you should have him/her evaluated by a physician or at the emergency room. Examples may include:

Worsening headache	Changes in mood such as confusion or increased agitation
Changing level of consciousness	Unequal pupils
Loss of memory	Seizures
Increased sensitivity to light	Vomiting more than 2 separate occasions
Loss of balance/coordination	

Before your child is allowed to return to participation in athletic activity, your child must be evaluated and cleared by a physician. A note from the physician is required for your child to return to athletic activity; The NCHSAA Return to Play Form is strongly recommended. Your child must give this signed paper to the athletic trainer before participation in athletic activity.

Below are guidelines for helping your child's recovery:

Allowed: <ul style="list-style-type: none"> • Use Tylenol/acetaminophen for headaches • Ice on head or neck as needed • Eat a light diet • Return to school classes • Maintain a supportive environment (quiet and dim, if needed) • Go to sleep • Mental and physical rest • Speak with teachers about temporary academic accommodations 	Not Allowed: <ul style="list-style-type: none"> • Alcohol • Advil/Motrin/ibuprofen • Aleve/naproxen • Aspirin
	No Need to Do the Following: <ul style="list-style-type: none"> • Wake up every hour • Check eyes with flashlight
	Limit/Avoid: <ul style="list-style-type: none"> • Watching tv, video games • Prolonged use of computers • Texting

If you have any questions or concerns, please contact your physician.