



Head Injury

TAKE HOME INFORMATION CARD

Your family member may have sustained a head injury while participating in an athletic event. 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:

- Headache
- Dizziness
- Memory loss
- Mental confusion/Behavior changes
- Ringing in the ears
- Changes in gait or balance

Seek medical attention at the nearest emergency room for:

- Headache that increases in intensity
- Nausea or vomiting
- Difference in pupil size from right to left eye/Dilated pupils
- Blurry/Double vision
- Slurred speech
- Noticeable change in the level of consciousness
- Difficulty waking; losing consciousness suddenly
- Decreased or irregular pulse or respiration
- Seizure activity

The best guideline is to note symptoms that worsen and behaviors that seem to represent a change in your family member. If you have any question or concern at all about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency room. Otherwise, you can follow the instructions outlined on the back.



Concussion Management Program

Part of  BaylorScott&White HEALTH

Head Injury

What should you do if you suspect a concussion?

Get checked out and take time to recover!

Neuropsychologists and physicians at Baylor Institute for Rehabilitation are trained in the evaluation and treatment for individuals who sustain a concussion. Early intervention is important so that appropriate education, support and medical rehabilitation interventions can be provided as needed. No athlete should return to athletic activities until he or she has fully recovered from a concussion. Returning to play prior to complete recovery increases the chances for prolonged post-concussive symptoms and additional, possibly catastrophic, injury. Consultation with a neuropsychologist or physician with training in concussion management is recommended to guide decisions about returning to play.

It is OK to:

- Go to sleep
- Eat a light diet and hydrate
- Use ice pack on head and neck as needed for comfort
- Rest (no strenuous activity 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 ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications
- Participate in any physically or mentally strenuous activities. This includes limiting the usage of cell phones, iPads, e-Readers, laptops and any other electronic devices!



To find a clinic near you, call

214.818.2534 (Dallas), **972.712.2669** (Frisco),

or visit us online at BaylorHealth.com/RehabConcussion