

## Concussion Advice

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You have been assessed by a health professional as having a concussion (a minor head injury) and *at the moment*, it is safe to go home. Most patients with a mild head injury recover quickly but it's important to have an adult to closely monitor you during the next couple of hours.

### Care at home

It is recommended that the patient is closely observe for four hours after the injury. During this time, the adult carer should check to see if they are easy to rouse (awaken) and that they are behaving normally and have no changes in their symptoms.

For the first 48 hours after a head injury, the patient should be encouraged to rest (but keep a normal sleep/wake routine), eat a healthy diet and drink plenty of fluids, and avoid activities that make symptoms worse.



### **When should I see a doctor?**

See a doctor as soon as possible if you have any of these symptoms:

- severe headache, especially if it is getting worse
- dizziness or unsteady walking
- nausea, vomiting or poor feeding
- unexpected drowsiness or weakness
- disorientation or confusion
- irritability, continued crying or unusual agitation
- slurred speech or blurred/double vision
- seizure (fit)
- **any concerns**

### **Returning to school or work**

Let your school or work know about the head injury. Patients should rest until they are symptom free. Some patients may re-develop symptoms when returning to school or work. **If this happens, it is important to seek medical advice.**

### **Returning to sport**

You can start exercising after a few days of rest. Gradually return to sport starting with light training and building up over several days before returning to a full game. **If symptoms re-develop at any time, you should rest, and seek medical advice.** You should not return to competitive sports until all symptoms have settled. **Most sports have a mandatory return to play program and usually you cannot return for at least seven days.**

### **Recovering from concussion**

You may experience symptoms which come and go during your recovery. These might include problems with your memory, feeling emotional or irritable, difficulty focussing, and feeling tired. These are often short-term symptoms but if they occur **it is important to seek medical advice.**



**If your condition worsens, anything changes, or you have any concerns, please immediately attend your local emergency department, or call Triple-Zero for an ambulance**