



Sievers Sports Medicine

Patient Information Sheet

Condition: Concussion

Definition: A traumatic brain injury that results in a temporary dysfunction of the brain.

Symptoms: Headache, confusion, dizziness, nausea, memory problems/amnesia, difficulty concentrating and/or loss of consciousness.

Treatments:

- I. Rest
- II. Monitor: Watch for worsening of symptoms. If patient has symptoms the first night, wake them every 1-2 hours to make sure they are arousable and without deterioration.
- III. Analgesics: Pain medicines such as Tylenol are ok. Avoid Aspirin and anti-inflammatory medications.
- IV. Follow up: If symptoms are severe or don't resolve within 1 week, follow up with your physician; CAT scan or MRI may be necessary.
- V. Return to play: This depends on the severity and duration of the concussion. Mild concussion patients may usually return to play the next day. For moderate or severe concussions, it may take 1-2 weeks after symptoms resolve for athlete to return to play. Somebody that has had a second head injury before the first is resolved are at a much higher risk for fatal 2nd impact syndrome. Multiple concussions increase the risk of long term or permanent brain damage. Consult with a neurologic specialist may be necessary in these cases.