

# Immediate Post-Concussion Instructions



## THE FOLLOWING INSTRUCTIONS SHOULD BE OBSERVED FOR THE FIRST 24 HOURS:

- ➔ **1. Contact your family doctor or nurse practitioner.**
- ➔ **2. Diet** - Drink only clear liquids for the first 8-12 hours and eat reduced amounts of foods thereafter for the remainder of the first 24 hours.
- ➔ **3. Pain Medication** – Do not take any pain medication except Tylenol. Dosing instructions on the bottle should be followed.
- ➔ **4. Activity** – Activity should be limited within the first 48 hours, this would involve no video games, television, loud music, extra-curricular or physical activities, or academic coursework when applicable.
- ➔ **5. Observation** – several times during the first 24 hours:
  - 5.1 Check the athlete to be sure that he/she is easily aroused; that is, responds to being spoken to and when awakened reacts normally.
  - 5.2 Check for and be aware of any significant changes. (See #6 below)
- ➔ **6. Significant Changes** – conditions may change within the next 24 hours. Contact your healthcare provider or go to the nearest Emergency Room if any of the following:
  - Persistent vomiting
  - Difficulty with arousal (see 5.2 above)
  - Clear or bloody drainage from the ear or nose
  - Continuing or worsening headache
  - Seizures
  - Slurred speech
  - Can't recognize people or places – increasing confusion
  - Weakness or numbness in the arms or legs
  - Unusual behavior change – increasing irritability
  - Loss of consciousness
- ➔ **7. Improvement** – The best indication that an athlete who has suffered a significant head injury is progressing satisfactorily is that he/she is alert and behaving normally.

## IMPORTANT PHONE NUMBERS

PRHC Emergency: 705-743-2121

Local EMS: 911

Telehealth Ontario: 1-866-797-0000

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**APPENDIX G**