



The
Health Centre
INTEGRATIVE THERAPIES

Important information about how to manage the first 48 hours after sustaining a concussion

24 hours after injury:

The concussed person should not be permitted to sleep for at least 2 to 3 hours following injury and should be awakened every 2 hours throughout the first night following injury.

If you develop ANY of the following signs or symptoms you must go to the nearest emergency department immediately!

- *Fainting or blacking out, extreme drowsiness, or can't be awakened*
- *A constant, severe, or worsening headache*
- *Repeated vomiting*
- *Cannot remember new events (repeating the same questions: "Why are we here?" "Where are we?" etc.)*
- *Cannot recognize people or places (confusion)*
- *Acting strange, saying odd or incoherent things (changes in behaviour)*
- *Seizures (jerking of the body or limbs, or a blank stare)*
- *Inability to move parts of the body, weakness in arms or legs, or clumsiness*
- *Blurred vision or slurred speech*
- *Being unsteady on feet or loss of balance*
- *Continual fluid or bleeding from the ear or nose*

First 24-48 Hours after Injury

- *Do not drive, drink alcohol, or take sleeping pills or other recreational drugs*
- *Pain relief: Pain medications may mask the signs of a worsening condition and may increase the risk of bleeding in the brain. Pain medications should therefore be avoided in the first few days.*
- *School/Work: Concussions result in neurological dysfunction and require rest (both physical and mental) to properly recover. Do not return to school/work without being permitted to do so by your Complete Concussion Management practitioner.*
- *Sports: Do not return to ANY type of physical activity or sports participation until you have received full clearance from your healthcare provider. Doing so may result in further, more serious, and potentially permanent or fatal injury.*