

Concussion Management

What should I do when I'm recovering?

Physical and mental rest are very important to your recovery. Aim for 8-10 hours of sleep each night. Keep your heart rate low and do not do any physical activity or anything strenuous. The following may increase symptoms, so try to avoid computer/phone/television screens, loud music/events (sporting events), video games, prolonged periods of concentration (homework, studying, reading, etc). If you must do schoolwork, take frequent study breaks to avoid increasing symptoms.

While you're recovering...

It is okay to:

- Take TYLENOL (acetaminophen) after first 24 hours
- Use ice pack on head/neck
- Return to school unless advised otherwise (schoolwork may increase symptoms)
- Go to sleep (no need to wake athlete up every hour)

Do Not:

- Drink alcohol
- Consume energy drinks or large amounts of caffeine
- Take aspirin, anti-inflammatories, or sleep aids
- Eat spicy foods
- Exercise (No Physical Activity Until Instructed)

The following may increase symptoms:

- Computer/phone/television screens
- Loud music/events (sporting events)
- Video games
- Prolonged periods of concentration (homework, studying, reading, etc)
 - o Take frequent study breaks to avoid increasing symptoms

What could happen if I return to play too early/play with a concussion? Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences.