



HEAD INJURY INSTRUCTIONS: THE FIRST 24 – 48 HOURS

When someone suffers a concussion, there is the potential for damage to the brain. Sometimes, signs and symptoms of a concussion do not appear until several hours after the injury has occurred. Therefore, anyone with a suspected concussion should be monitored for deterioration, should not be left alone, and should not drive a motor vehicle for the first 24 hours after the injury.

Go to the emergency room immediately (or call 911) if your injured child develops:

- Unusual behavior, seems confused or disoriented
- Stiffness in the neck
- Vision problems for the first time, after injury
- Does not recognize people or places
- Seizures (uncontrollable jerking of arms and/or legs)
- Slurred speech
- Unequal pupils for the first time, after injury
- Weakness or numbness in the arms and/or legs
- Headache that gets worse with time
- Heavy drowsiness and cannot be awakened
- Unusual emotional or irritable behavior
- Balance problems or is unsteady on their feet
- Vomiting more than twice

If you are having doubts about any of the signs listed above, go to the hospital for an evaluation!

Memorial Health System's Sports Medicine team is available for follow-up care to help treat anyone who may have a concussion or other sports related injuries or concerns.

mhsystem.org/SportsMedicine



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MEDICATIONS

Treating pain after a head injury with acetaminophen (Tylenol) is okay if there is no history of liver disease or an allergy to acetaminophen.

However, the injured party **SHOULD NOT** take other medications, including Aspirin (Goody Powders and other brands), Ibuprofen (Advil, Mediprin, Nuprin, and other brands), Naproxen (Aleve, Naprosyn, and other brands), Celebrex®, Relafen®, Orudis®, Mobic®, or prescription pain medication.

WAKING FROM SLEEP

It is not necessary to wake the injured party after they have fallen asleep. Never let a concussed athlete participate in exercise until evaluated and released by a provider or athletic trainer.

DIET

Keep the injured party's diet light for the first several hours. Any individual with a head injury should not consume alcohol while symptoms are present.

LOCATION

Marietta Memorial Hospital
Department of Sports Medicine
802 Wayne Street, Suite 200
(740) 374-6030

Feeling Sick & Need Expert Advice?



(844) 474-6522

24 Hour Nurse Line

Our registered nurses (RN) take calls 24 hours a day, 7 days a week. With special training, our team can help talk through your concerns, review your symptoms, and point you to the right care. Call for free, anytime you need.

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