



Concussion Management – Home Care Instructions

I believe your student-athlete sustained a concussion on __/__/____. To ensure he/she recovers, please use the following important recommendations as a guide to proper care. If any of the signs and/or symptoms below develop before the follow-up visit, please call 911 or go to the nearest hospital.

RED FLAG SIGNS AND SYMPTOMS

Seek Emergency Care Immediately

- Neck pain or tenderness
- Seizure or convulsion
- Double vision
- Loss of consciousness
- Weakness, numbness, tingling and/or burning in the arms or legs
- Deteriorating conscious state
- Vomiting
- Severe or increasing headache
- Increasingly restless, agitated, or combative
- Visible deformity of the skull
- Unequal or unresponsive pupils
- Slurred speech or inability to speak

Things to Do:	Do Not:
<ul style="list-style-type: none"> • Rest is Best • Use Tylenol (Acetaminophen) • Ice packs on head/neck ~20 min • Avoid things that make symptoms worse • Participate in social activities as tolerated • Stay hydrated and fueled 	<ul style="list-style-type: none"> • Wake up every hour • Use Ibuprofen, Aleve, Advil, or other NSAIDs • Consume alcohol • Drive a vehicle • Participate in activity other than walking

Please contact me with any questions at 651-425-2378 or nberg@summitortho.com

Recommendations provided by: Noah Berg ATC, ERHS Athletic Trainer

Concussion Clinic Options:

National Dizzy and Balance Center – Woodbury: (952) 345-3000

Children’s Minnesota Specialty Center – Woodbury: (651) 220-5230

Noran Neurology – Lake Elmo: (612) 879-1510