

# HOUSTON METHODIST CONCUSSION CENTER

## Post Concussion Home Instructions

### DANGER SIGNS

Seek medical care immediately if symptoms worsen or if there are any behavioral changes.

- Headaches that worsen
- Seizures
- Neck pain
- Unusual behavior change
- Very drowsy, can't be aroused
- Repeated vomiting
- Slurred speech
- Significant irritability
- Can't recognize people and places
- Increasing confusion
- Weakness/numbness in arms/legs
- Less responsive than usual
- Pupils are uneven
- Difficulty walking

### COMMON SIGNS & SYMPTOMS

It is common to have one or many concussion symptoms.

#### PHYSICAL

- Headache
- Nausea/vomiting
- Dizziness
- Balance problems
- Visual problems
- Fatigue
- Sensitivity to light or noise

#### COGNITIVE

- Feeling "foggy"
- Feeling "slowed down"
- Difficulty remembering
- Difficulty concentrating

#### EMOTIONAL

- Irritability
- Sadness
- Nervousness

#### SLEEP

- Drowsiness
- Sleeping less
- Sleeping more
- Trouble falling asleep

### CONCUSSION MANAGEMENT RECOMMENDATIONS

#### It's OK to:

- Take acetaminophen for pain
- Use ice pack on head and neck for comfort
- Sleep (rest is very important)
- Eat a light diet
- Get mental and physical rest

#### No need to:

- Stay in bed
- Wake up every hour
- Check eyes with light
- Test reflexes

#### Do not:

- Take aspirin, ibuprofen or naproxen for first 48 hours
- Drive until cleared by medical provider
- Use guns or machinery until cleared by medical provider

### HOW DO YOU RECOVER FROM A CONCUSSION?

- Your brain needs time to heal. There is no medication that will cure a concussion, only to treat symptoms such as headache or nausea. Rest is the best "medicine".
- Until you completely heal you will be restricted from exercise/athletic activity and cognitive activity
- You should **NOT** participate in any activities that could result in another head injury (e.g., sports, physical education, riding a bike, horseback riding, roller coasters etc.) or physical activities that increase your heart rate. While recovering, you are more vulnerable to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death.

- Exercise or cognitive activity that involves a lot of concentration or noise such as:
  - Computer work
  - Reading for extended periods
  - Studying
  - Texting
  - Playing video games
  - Loud or bright environments such as movie theatres and concert
  - Wearing head phones/ear buds
- May cause concussion symptoms (such as headache or tiredness) to reappear or worsen
- Do not drive unless cleared to do so by your health care provider.

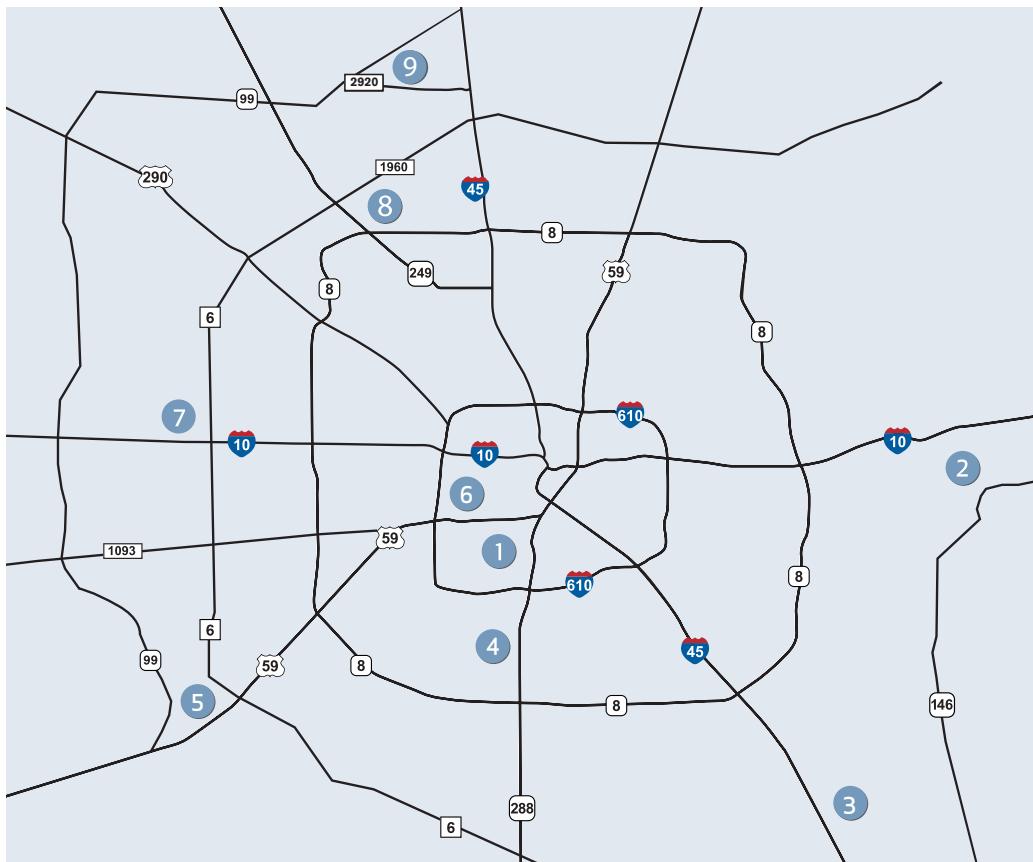
- Adequate sleep is key:
  - Extending your usual sleep time is best
  - Nap earlier in the day if needed, but not late afternoon or early evening
- Students may need to miss a few day of school or postpone tests. Adults may need to miss a few days of work.
- If you are an athlete, when your symptoms are completely gone, you will perform a stepwise supervised return to play protocol. Before returning to your sport, you must be re-evaluated by your physician or neuropsychologist and cleared for a full return.

For referrals or appointments, please call **713.441.8277** or visit [houstonmethodist.org/concussion](http://houstonmethodist.org/concussion).



OFFICIAL HEALTH CARE PROVIDER

# HOUSTON METHODIST CONCUSSION CENTER



## 1 TEXAS MEDICAL CENTER

**Houston Methodist Concussion Center**  
**Scurlock Tower**  
6560 Fannin St, Suites 802 and 1840  
**Smith Tower**  
6550 Fannin St, Suite 2600  
Houston TX 77030  
713.441.8277

## 2 BAYTOWN

**Houston Methodist Concussion Center**  
4000 Garth Road, Suite 200  
Baytown, TX 77521  
713.441.8850

## 3 ST. JOHN

**Houston Methodist Concussion Center**  
2020 NASA Pkwy, Suite 180  
Nassau Bay, TX 77058  
281.523.3355

## 4 HOUSTON SPORTS PARK

**Houston Methodist Concussion Center**  
12131 Kirby Drive, Suite 200  
Houston, TX 77045  
713.441.8850

## 5 SUGAR LAND

**Houston Methodist Concussion Center**  
16811 Southwest Fwy, Suite 200  
Sugar Land, TX 77479  
281.690.4678

## 6 TIMMONS (GREENWAY PLAZA)

**Houston Methodist Concussion Center**  
3100 Timmons Ln., Suite 120  
Houston, TX 77027  
713.441.8850

## 7 WEST

**Houston Methodist Concussion Center**  
Medical Office Building One  
18400 Katy Fwy, Suite 200  
Houston, TX 77094  
832.522.2663

## 8 WILLOWBROOK

**Houston Methodist Concussion Center**  
13802 Centerfield Drive, Suite 300  
Houston, TX 77070  
281.737.0902

## 9 FRENCH QUARTER (SPRING)

**Houston Methodist Concussion Center**  
7105 FM 2920  
Spring, TX 77379  
281.737.0902

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