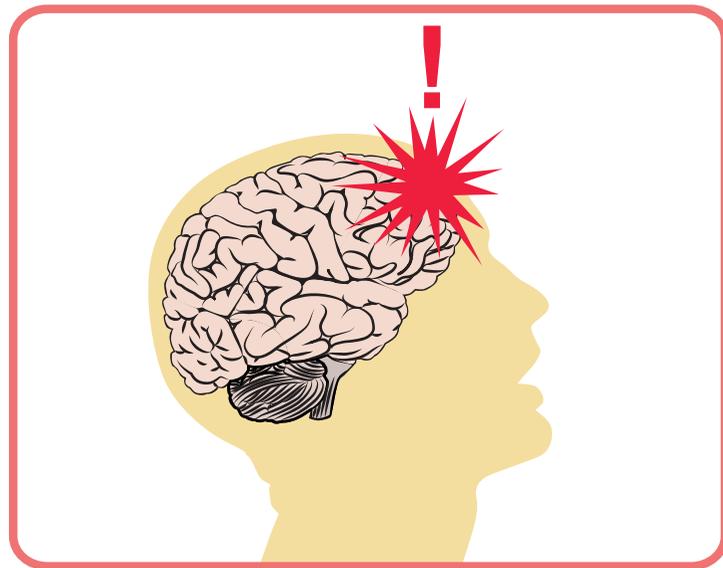


Mild Head Injury Concussion



 Office d'éducation des patients du CUSM
MUHC Patient Education Office



This material is also available on the
MUHC Health Education Collection (<http://infotheque.muhc.ca/>)
MUHC Patient Education Office (www.muhcpatienteducation.ca).

This material was developed by the McGill
University Health Centre Emergency Department.

What is wrong?

You had an injury that caused your brain to shake inside your head. This caused a mild brain injury called a **concussion**.

Most people get better quickly without any permanent damage, but you might have some symptoms.

These symptoms can vary from difficulty concentrating, difficulty remembering things, nausea, headache, dizziness, difficulty tolerating bright lights and loud noises, mood swings or difficulty sleeping.

These symptoms should go away without treatment in a few weeks.

What should I do at home?

- ▶ Get a lot of rest, especially during the first few days. It will help your brain to heal.
- ▶ Have someone check in on you during the next few days to make sure you are not getting worse.
- ▶ Avoid physical activity and things that demand a lot of concentration (studying, working on the computer, playing video games, etc.) until you feel better.
- ▶ Increase all your activities gradually. Slow down if your symptoms come back. If you don't, it could make symptoms worse and delay your recovery.
- ▶ **Do not** take alcohol or street drugs. This will make your symptoms worse.
- ▶ **Do not** drive a car or ride a bike, unless the doctor says you can.

Should I see another doctor?

Everyone gets better in their own time. If you do not start to feel better in 1-2 weeks and are concerned, you should make an appointment with your doctor.

In certain cases, the emergency doctor may ask you to see another doctor or health care professional.

If you play competitive sports, you should contact your team doctor.

When should I come back to the Emergency Department?

You should return right away if:

- ▶ your headache gets worse and does not go away.
- ▶ you are more and more sleepy during times you would normally be awake.
- ▶ your vision becomes blurry or you see double.
- ▶ you have difficulty walking or talking.
- ▶ you become confused.
- ▶ you vomit several times.
- ▶ you have a convulsion or a seizure.

Notes