

# HOUSTON METHODIST CONCUSSION CENTER

## Post Concussion Home Instructions

### Danger signs – Seek medical care immediately if symptoms worsen.

- 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. Rest is the best medicine.
- Until you completely heal, you will be restricted from exercise 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.) While recovering, you are more vulnerable to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death.
- Avoid activities that may cause symptoms to worsen:
  - Listening through headphones or ear buds
  - Loud or bright environments, such as movie theaters and live concerts
  - Reading books or online for extended periods
  - Textingmay 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.
- Get adequate sleep. Extend your usual sleep time. Nap earlier in the day if needed.
- Students may need to miss a few days 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 return.

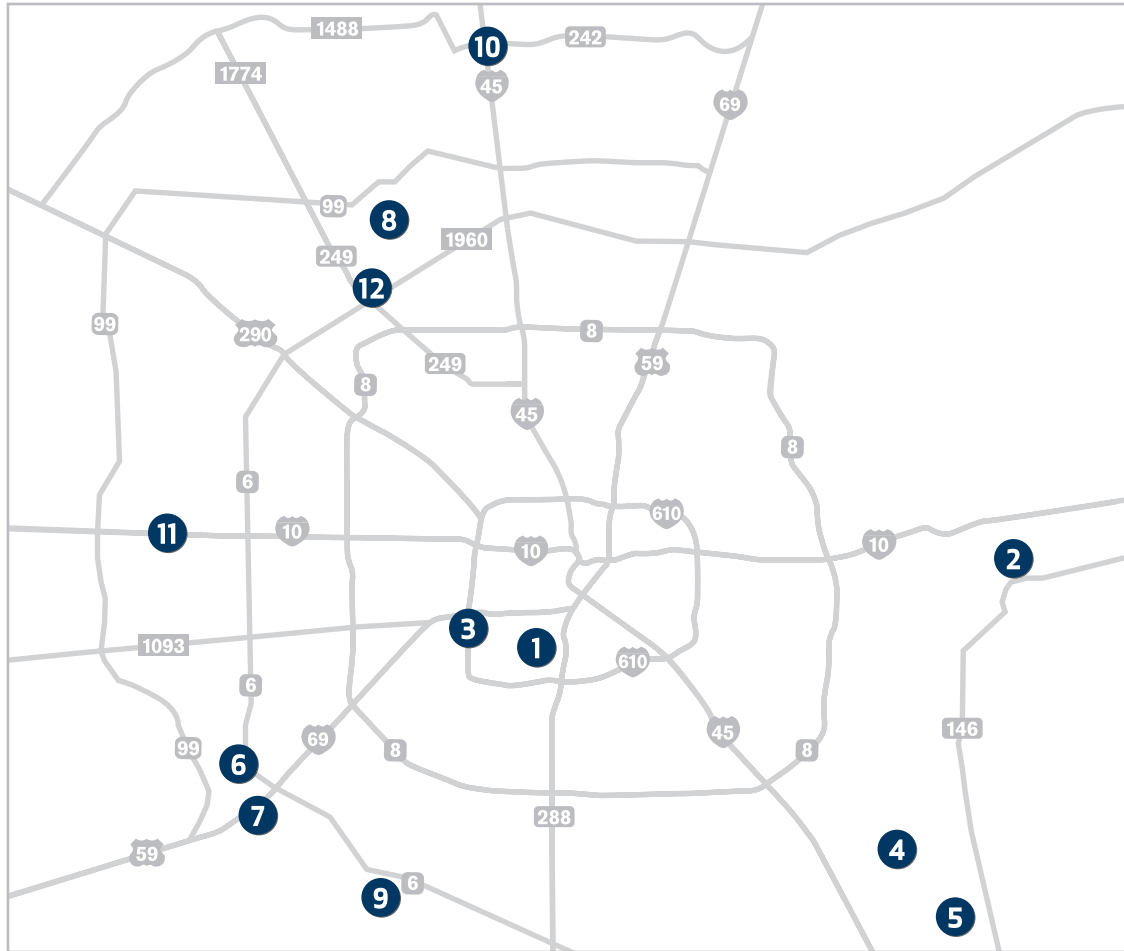
For referrals or appointments, please visit [houstonmethodist.org/concussion](http://houstonmethodist.org/concussion) or call **713.441.8277**.



OFFICIAL HEALTH CARE PROVIDER



# HOUSTON METHODIST CONCUSSION CENTER



## 1. TEXAS MEDICAL CENTER

**Scurlock Tower**  
6560 Fannin St., Suites 802 & 1840  
Houston, TX 77030  
713.441.8277

**Outpatient Center**  
6445 Main St., Suite 2500  
Houston, TX 77030  
713.441.9000

## 2. BAYTOWN

4000 Garth Rd., Suite 200  
Baytown, TX 77521  
713.441.8850

## 3. BELLAIRE

5505 W. Loop S. Fwy.  
Houston, TX 77081  
713.441.9000

## 4. CLEAR LAKE

2020 NASA Pkwy., Suite 230  
Nassau Bay, TX 77058  
713.363.9090

## 5. LEAGUE CITY

2220 E. League City Pkwy., Suite 200  
League City, TX 77573  
713.363.9090

## 6. LONG MEADOW FARMS

7790 W. Grand Pkwy. S., Suite 100  
Richmond, TX 77406  
281.690.4678

## 7. SIENNA PLANTATION

8330 Hwy. 6, Suite 110  
Missouri City, TX 77459  
281.690.4678

## 8. SPRING

7105 FM 2920  
Spring, TX 77379  
281.737.0999

## 9. SUGAR LAND

16811 Southwest Fwy., Suite 200  
Sugar Land, TX 77479  
281.690.4678

## 10. THE WOODLANDS

17183 Interstate 45 S.  
Suites 210 & 690  
Medical Office Building 1  
The Woodlands, TX 77385  
936.321.8000 or 936.270.3900

## 11. WEST HOUSTON

18400 Katy Fwy.  
Medical Office Building 1, Suite 200  
Houston, TX 77094  
832.522.2663

## 12. WILLOWBROOK

13802 Centerfield Dr., Suite 300  
Houston, TX 77070  
281.737.0999

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LEADING MEDICINE

