



# Saint Alphonsus

## SPORTS MEDICINE

### CONCUSSION/BRAIN INJURY INSTRUCTION SHEET

Date: \_\_\_\_\_

\_\_\_\_\_ has sustained a concussion. Although, the athlete does not show signs or symptoms of a more severe brain injury, concussions are serious! Recognition and proper management of concussions can help prevent further injury or even death. Please adhere to the **following guidelines below** and carefully follow your physician's or athletic trainer's recommendations:

- Have someone with you for the next 24 hours.
- Get plenty of rest
- Avoid using aspirin. Take acetaminophen (Tylenol) as needed for headache or other pain.
- Avoid strenuous activity for at least 24 hours and closely follow your athletic trainer/coach's recommendations

**GO TO THE NEAREST EMERGENCY ROOM FOR FURTHER EVALUATION IF ANY OF THESE SYMPTOMS ARE PRESENT:**

- Severe or worsening headaches.
- Nausea or vomiting more than 2-3 times.
- Unusual sleepiness/lethargy or difficulty being awakened.
- Confusion or unusual restlessness.
- Increased weakness or numbness.
- Unsteady walking, loss of balance, or trouble with movement and coordination.
- Slurred speech.
- Blackouts or seizures.
- Difficulty seeing clearly, blurred vision, and unequal or dilated eye pupils.
- Stiff neck or fever.
- Clear or bloody drainage from the nose, mouth, or ears.

*\*\*Please recognize that the aforementioned are only guidelines.*

*Please see Dr. Kunz with Saint Alphonsus Sports Medicine for additional questions or concerns.*



DEREK KUNZ, MD  
EMERGENCY MEDICINE/SPORTS MEDICINE  
(208) 302-3500

*Remember, the athlete will need **physician clearance** in order to receive the 5 day Return to play Protocol.*

***Please contact Caleb Anderson, Sports Medicine Coordinator with Dr. Kunz at (208) 302-3500***