

Sports Concussion[®] South Africa



Patient Information - Important Reminders for the First 48 Hours Following a Concussion

A doctor must assess you after suffering a suspected concussion. If concerned about the player's condition, transfer immediately to an Emergency Department; if the player is lucid and stable, he/she may be monitored at home and should attend the Sports Concussion Clinic in the coming days. Note: a normal X-ray, CT or MRI scan **does NOT exclude concussion**.

If referred home:

- Always make sure that you are in the presence of a responsible adult for 48 hours.
- Record and monitor the symptoms of concussion including headache, nausea, dizziness, fatigue, sleep disturbances, memory lapses, mood swings, poor concentration or any other feeling that concerns you.
- Complete rest & sleep will help recovery.

DO NOT:

- Consume alcohol
- Take excessive amounts of painkillers (follow doctor's orders)
- Place yourself in an environment of loud noise and excessive light
- Study
- Work at the computer
- Exercise until re-evaluation by a doctor

Contact your nearest Emergency Department immediately if:

- Any of the symptoms deteriorate
- The headache becomes severe or does not respond to mild analgesics (e.g. Panado)
- You have a seizure (fit)
- You experience excessive irritability
- You experience visual disturbances
- You experience balance problems
- You or anyone else is concerned about your condition

Decisions regarding returning to sport will be made taking into consideration your individual circumstances including medical history, previous head injuries and current symptoms.

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