

Lexington Christian Academy Sports Medicine

Head Injury Home Instructions

Athlete: _____ Date of Injury: _____ Sport: _____

Home Phone: _____ Parent/Guardian: _____

Your son/daughter has sustained a head injury while participating in _____. In some instances, the signs of a concussion do not become obvious until several hours or even days after the injury. Please be especially observant for the following signs and symptoms:

- Headache (especially one that increases in intensity*)
- Nausea and vomiting*
- Difference in Pupil Size from R to L; Dilated pupils*
- Mental confusion/behavior changes
- Dizziness
- Memory Loss
- Ringing in Ears
- Changes in Gait or Balance
- Blurry or Double Vision*
- Slurred Speech*
- Noticeable Changes in Level of Consciousness (Difficulty Awakening, or Losing Consciousness Suddenly*)
- Seizure Activity*
- Decreased or Irregular Pulse OR Respiration*

***Seek Medical Attention at the Nearest Emergency Department**

The best guideline is to note symptoms that worsen, and behaviors that seem to represent a change in your son/daughter. If you have any questions or concern at all about the symptoms you are observing, contact a physician for instructions, or seek medical attention at the closest emergency department. Otherwise, you can follow the instructions outlined below:

It Is OK To:

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head/neck
- Eat a light diet
- Go to sleep
- Rest (No strenuous activity)

There Is NO Need To:

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

Do NOT:

- Drive while symptomatic
- Exercise
- Take ibuprofen, aspirin, or other anti-inflammatory medications

Please remind your child to check in with the Certified Athletic Trainer the next day of school. Your child may also need to check in with the Guidance Department if there are any exams/reports due in the next few days.

Recommendations Provided to: _____ Phone #: _____

Recommendations Provided by: _____ Phone #: _____

Date: _____ Time: _____