A CONCUSSION IS A BRAIN INJURY AND THE BRAIN NEEDS REST TO HEAL

**THESE ARE TYPICAL AFTER A CONCUSSION:**

- Mild headache
- Nausea
- Dizziness
- Fatigue

**RETURN TO THE EMERGENCY DEPARTMENT FOR:**

- Severe or worsening headaches
- Repeated vomiting
- Seizures
- Behavioral changes

**DO:**
- Advance diet as tolerated
- Drink plenty of fluids
- Reduce physical activity (sports, play, etc.)
- Reduce mental stimulation (TV, phone/tablet, computer, video games, heavy reading)
- Arrange for extra time to complete schoolwork
- Follow up with primary healthcare provider

**DON'T:**
- Play sports at home or school until symptoms are gone, you have completed all recovery steps, and you are cleared by a healthcare provider
- Use electronic devices (TV, phone/tablet, computer, video games) during the resting step
- Advance to next recovery step until all symptoms are gone (no headaches, nausea, dizziness, not able to concentrate)

**DO NOT** advance to the next step until you are free of symptoms, including headache, nausea, dizziness, fatigue, emotional distress, or the inability to concentrate.

**STEPS TO TAKE BEFORE RETURNING TO PLAY/FULL ACTIVITY:**

1. Rest at least 1-2 days
2. Return to school
3. Begin light aerobic activity
4. Get cleared for limited play/practice by healthcare provider
5. Begin limited non-contact activity/practice
6. Return to full-contact practice after medical clearance
7. Return to play/full activity

**REFERENCES:**

- Seleman, J. Concussion in Children: Momma don't let your kids grow up to play football (2016, June). Powerpoint presentation at the Pediatric Nursing Conference in Philadelphia, PA

**PEDIATRIC MILD TRAUMATIC BRAIN INJURY (mTBI) CONCUSSION DISCHARGE INSTRUCTIONS**

Returning too soon to activities may lead to delayed recovery time and worsened symptoms

1. Return to school
2. Return to play FULL activity