DISCHARGE INSTRUCTIONS

What to Watch For

- Sleepiness is normal, but awaken the person every two hours for the first 24 hours unless your doctor states otherwise.
- Encourage fluids and keep on a bland diet for the first 24-48 hours (1-2 days). Stay away from heavy, fried and greasy foods.
- DO NOT give any medications for pain other than Tylenol as directed on the label for the age and weight of the person.
- Dizziness or being clumsy can occur so be sure not to leave the injured person alone. Do not let them do vigorous physical activities like running, jumping, hiking, bicycle riding, sledding, skating, sports, physical education at school, etc. until after they have a follow-up visit with the doctor and he/she says normal activities can be resumed.
- **GO DIRECTLY TO POH Regional Medical Center's Emergency Trauma Center** or the nearest Emergency Center if any of the following occur:
  - Unusual sleepiness or difficulty waking up
  - Constant vomiting
  - Double vision
  - Weakness, numbness or paralysis of arms or legs
  - Confusion or disorientation (not knowing where they are or who you are)
  - Behavior that is not appropriate for age
  - Pupils (the black center part of the eye) that are not the same size or do not get smaller in bright light
  - Seizures, convulsions, or "fits"
- If you have any questions or concerns about the person's condition call your doctor or the POH Regional Medical Center Emergency Trauma Center at 248-338-5332.

POH
REGIONAL MEDICAL CENTER
A McLAREN HEALTH SERVICE

50 N. Perry St.
Pontiac, MI 48342

POH Riley FOUNDATION

PriorityHealth®

HEAD INJURY AND CONCUSSION

POH
REGIONAL MEDICAL CENTER
A McLAREN HEALTH SERVICE
TRAUMA SERVICES

What is a concussion

A concussion is the most typical kind of traumatic brain injury. It is caused by a blow or jolt to the head or body that is strong enough to shake the brain inside the skull. A concussion can occur without loss of consciousness or “blacking out”.

Common Causes of a Concussion

- Bicycle accidents
- Sports injuries
- Falls from playground equipment, from windows, or into water
- All-terrain vehicle collisions or falls
- Skating or rollerblading
- Being hit by a car
- Boating accidents
- Horseback riding
- Sledding, skiing, snowboarding
- Snowmobile accidents

CONCUSSION PREVENTION

- The most important thing in preventing head and brain injuries is to WEAR A HELMET!
- Helmets should be worn when riding a bike, roller skating, or skate boarding; playing contact sports like football, soccer, baseball, boxing, or hockey; horseback riding; sledding, skiing, snowboarding or riding on a snowmobile or motorcycle.
- ALWAYS wear a seatbelt when riding in or driving a motor vehicle.
- Adults, NEVER drive while under the influence of alcohol.
- Wear a life preserver when around water and especially when boating.
- Prevent falls by keeping hallways and walkways clear of toys and debris; use nonslip mats in bathtubs and showers; be sure to have railings on all stairways; and install grab bars in bathrooms if needed.
- When there are small children in a home or who visit often install window guards, safety gates, and cupboard door locks.
- Watch children on playgrounds. Be sure they do not walk too close to swings or attempt to climb on equipment too big for their age.

MICHIGAN SEATBELT LAW:

- Children from birth until age 8 must be properly restrained in a child safety seat or booster seat in the vehicle, unless 4’9” tall.
- Children who are eight years old but less than sixteen years old must use a safety belt no matter where they are riding in the vehicle.

How to recognize a concussion

AFTER AN INJURY OBSERVE FOR:

- Confusion
- Repeating the same questions over and over
- Forgetful
- Clumsy movements or staggering
- Loses consciousness or “blacks out”
- Doesn’t remember what happened
- Headache
- Nausea and or vomiting
- Dizzy
- Loss of balance
- Sensitive to light and noise
- Feeling “groggy” or sluggish
- Cannot concentrate on simple things

What To Do If You Suspect a Concussion

- Stop the activity or sport.
- Children should tell an adult what happened or have a friend go tell an adult.
- See a doctor or go to an emergency room if there was loss of consciousness, “blacked out”, or any of the other signs and symptoms above do not go away.
- Call 911 if the person cannot be awakened or has a seizure, convulsions, or “fit”.