

Rx for Concussion

Name _____ Date _____

You have been diagnosed with a Concussion. It is recommended that you visit your primary healthcare provider as soon as possible in order to begin a personalized step-wise recovery strategy. This is especially important since concussion symptoms may get worse and the recovery process may take longer due to excessive physical and mental exertion (trying to do too much, too soon).

To help your initial recovery:

- Begin with rest in a quiet and calm environment until symptoms start to improve or after two days maximum
- Avoid any activities that may make symptoms worse
- Avoid any screen time (TV, computer, laptop, tablet or cell phone (texting) use)
- Avoid alcohol, tobacco, caffeine and other stimulant use
- Do not drive until consulting with a healthcare professional
- Other:

It is important to keep in mind that certain concussion signs and symptoms may only appear or worsen hours or days after the injury.

Please seek immediate medical attention if you experience any of the concussion signs and symptoms found in the list below:

- Neck pain or tenderness
- Weakness or tingling/burning in arms or legs
- Seizure or convulsion
- Deteriorating conscious state
- Increasingly restless, agitated or combative
- Double vision
- Severe or increasing headache
- Loss of consciousness
- Vomiting

Signed: _____

