

## TCO CONCUSSION PATIENT INFORMATION SHEET

If you suspect you have sustained a concussion or have been diagnosed with a concussion, you do not need to be immediately seen for evaluation by a physician. You should monitor your symptoms over the next 24-48 hours for any significant changes and follow-up with an appropriate health care provider within the next few days. It is important to understand that every concussion is unique and the timeframe for complete recovery cannot be determined at the time of initial injury.

Below is list of symptoms you should monitor for which may indicate a more serious injury. Should any of these symptoms arise, seek emergent medical attention.

**Significant Headache**  
**Slurred Speech**  
**Seizures**

**Lack of Coordination**  
**Difficulty Breathing**  
**Vomiting**

**Visual Changes/Dilated Pupils**  
**Stumbling/Loss of Balance**  
**Personality Change**

## CONCUSSION MANAGEMENT – HOME CARE INSTRUCTIONS

### IT IS OK TO:

Use Tylenol (Acetaminophen)  
Use an Ice Pack on the head/neck  
Eat as tolerated  
Get a good night of sleep  
Complete homework to tolerance  
Do light activity such as walking

### THERE IS NO NEED TO:

Check your eyes with a light  
Wake up every hour  
Stay in bed or a dark room  
Be seen emergently unless your symptoms change (*see above*).

### AVOID:

Drinking alcohol  
Texting/Playing video games  
Driving  
Strenuous activity  
NSAIDs (Advil, Aleve, Aspirin, etc.)

## CONCUSSION MANAGEMENT – ACADEMICS/SCHOOL ATTENDANCE

### YOU SHOULD MAKE SURE TO:

Tell your teachers & school staff about your injury  
Identify essential content & assignments to complete  
Develop a realistic timeline for completion

### IT IS OK TO:

Work on assignments to tolerance  
Attend school/class to tolerance  
Take frequent breaks as needed

## CONCUSSION MANAGEMENT – RETURN TO PLAY

### BEFORE RETURN TO PLAY/COMPETITION, YOU MUST:

Be re-evaluated & cleared by an approved health care provider  
Be free of all signs & symptom of a concussion at rest and during exercise  
Complete a step-wise exercise progression and remain symptom free

## TCO CONCUSSION PROGRAM

A concussion can be frightening and, at times, complex. However, when managed properly patients can make a complete recovery and return to school, sport, and other activities. Twin Cities Orthopedics is proud to offer management resources through the TCO Concussion Program including neurocognitive (ImPACT) testing, vestibular therapy, exertional therapy, return to learn planning and final clearance for return to activity.

## APPOINTMENT SCHEDULING

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