



## Emergency Department – Neurology

### Waking-up directions for concussions

The doctor has ascertained that you have a slight concussion. It is not always necessary in these cases for you to be admitted to hospital.

Don't take aspirin. Instead, try placing a cold, damp cloth on the head to help relieve a headache. You may use acetaminophen (also called paracetamol), such as Panadol, to relieve a mild headache or pain from the injury. Ask the doctor before using any other medications. Eat light. Clear liquids such as broth or gelatin are good choices. Don't drink alcohol.

The following symptoms may be associated with concussion: drowsiness, confusion, nausea and/or vomiting.

It is essential that when you go to sleep during the first 24 hours you are woken up every 2 hours. The person doing this should ask you several questions, such as: "What is your name, what is today's date, when were you born?".

If any problems arise here such as an inability to wake up properly or respond to questions, the First Aid Department of the Admiral De Ruyter Hospital (Goes) should be contacted immediately. Also contact us when you notice any of the following:

- Vomiting (some vomiting is common, but tell the doctor about any vomiting)
- Clear or bloody drainage from the nose or ear
- Constant drowsiness or difficulty in waking up
- Confusion or memory loss
- Blurred vision
- Inability to walk or talk normally
- Increased weakness or problems with coordination
- Constant, unrelieved headache
- Changes in behaviour or personality

**The 24-hour per day telephone number is: 088-1254250**

Rest for 2 or 3 days, then slowly return to normal activities. If you still experience complaints and you do not have an appointment at the outdoor clinic contact your general practitioner.