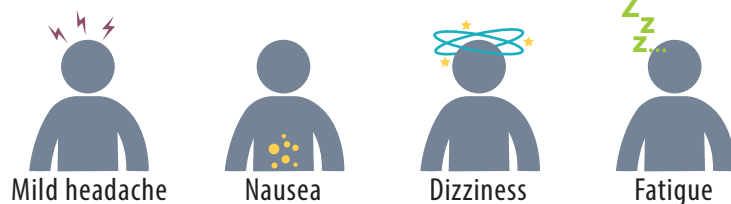


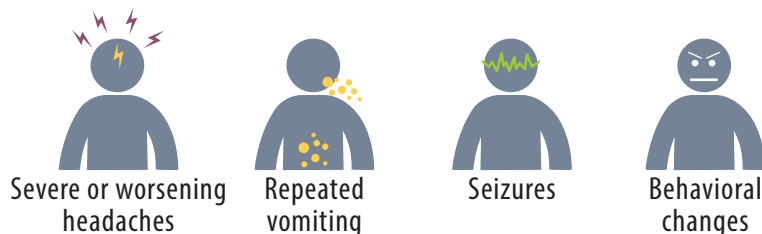
PEDIATRIC MILD TRAUMATIC BRAIN INJURY (mTBI) CONCUSSION DISCHARGE INSTRUCTIONS

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

THESE ARE TYPICAL AFTER A CONCUSSION:



RETURN TO THE EMERGENCY DEPARTMENT FOR:



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

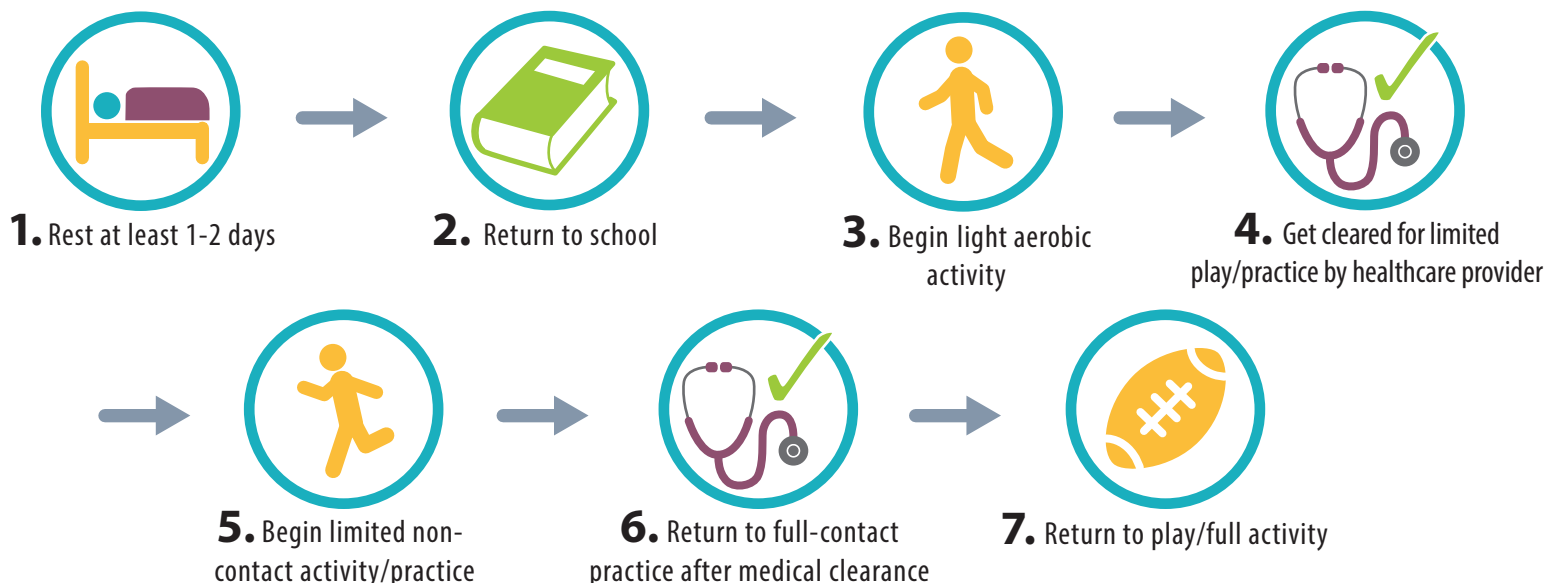
DON'T:

- 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)

STEPS TO TAKE BEFORE RETURNING TO PLAY/FULL ACTIVITY:

- Returning to full activity is done step-by-step and is different for each patient
- Returning too soon to activities may lead to delayed recovery time and worsened symptoms

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.



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