

“What to Expect After a Concussion”

What to Expect After a Concussion - A Guide for Patients and Families

What is a concussion?

A concussion is a mild traumatic brain injury caused by a blow to the head or body that temporarily affects brain function. Symptoms typically resolve within days to weeks but may sometimes last longer.

Common Symptoms

- Headache
 - Dizziness or balance problems
 - Sensitivity to light or noise
 - Fatigue or sleep disturbances
 - Difficulty concentrating or memory problems
 - Mood changes such as irritability or sadness
-

Recovery Timeline

- **First 24-48 hours:** Rest and avoid physical and cognitive exertion
 - **Days 3-7:** Gradual return to light cognitive activity if symptoms allow
 - **Week 2+:** Gradual return to normal activities with symptom monitoring
-

When to Seek Urgent Help

Call your healthcare provider or emergency services if you experience:

- Severe headache worsening over time
- Vomiting repeatedly
- Loss of consciousness or seizures
- Difficulty waking up or confusion
- Weakness or numbness on one side

Tips for Managing Symptoms

- Get plenty of sleep and rest
- Stay hydrated and eat regular meals
- Avoid alcohol and recreational drugs
- Limit screen time and noisy environments
- Slowly increase activity as tolerated

Contact your healthcare provider if you have questions or concerns.