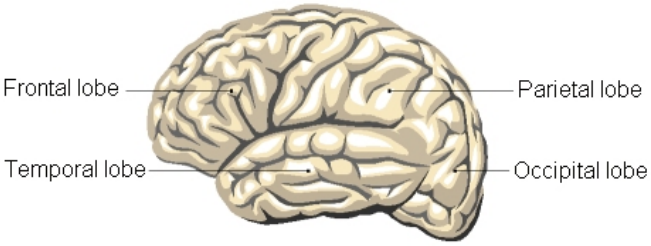
Post Concussion Syndrome, Adult

You have had a previous head injury that may be causing some long lasting symptoms such as headache and dizziness. Most problems get better within one to two days after the injury. However, some problems may last for weeks or months. The following table lists some of the *symptoms* (problems) that may be bothersome for an unknown length of time after the injury.

THESE MINOR SYMPTOMS MAY BE EXPERIENCED AFTER DISCHARGE:

- Memory difficulties
- Dizziness
- Headaches
- Double vision
- Hearing difficulties
- Depression
- Tiredness
- Weakness
- Difficulty with concentration
- Vomiting



BRAIN

If you experience any of these symptoms you should not be alarmed. A bruise on the brain *(concussion)* requires time for recovery the same as a bruise elsewhere on your body. Symptoms such as these are common following a head injury. Usually these problems disappear without medical care.

However, if symptoms continue, or are getting worse rather than better, see your caregiver. Having an established, ongoing doctor-patient relationship with a primary caregiver will be helpful in managing this problem.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Sleeping with your head slightly elevated may help with headaches.

Although it is unlikely that serious side effects will occur, be aware of signs and symptoms that may call for your return to this location.

SEEK IMMEDIATE MEDICAL ATTENTION IF:

- Confusion or drowsiness. Children, however, often become drowsy after any type of *trauma* (damage caused by an accident) or injury.
- Inability to arouse the injured person.
- *Nausea* (feeling sick to your stomach) or persistent, forceful vomiting (projectile in nature).
- Vertigo. This may be noted in the patient by rapid back and forth movement of their eyes.
- Convulsions or unconsciousness.
- Severe persistent headaches not relieved by medication. Do not take aspirin as this slows blood clotting. Take other pain medications only as directed.
- Unable to use arms or legs appropriately.
- Changes in pupil sizes.
- Clear or bloody discharge from nose or ears.

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