Post-concussion Syndrome

Your exam shows you most likely have a condition that follows a minor head injury. It is called a concussion.

SYMPTOMS

This post-concussion state causes symptoms that may start right after the injury. Or they may be delayed 1 to 2 days. Post-concussion symptoms can include:

- Persistent headache.
- Ringing in the ears.
- Irritability.
- Dizziness.
- Fatigue.
- Weakness.
- Insomnia.
- Feeling nervous or depressed.

You may notice that you feel foggy and have difficulty remembering things. **This condition is not due to any damage to the brain. There is no special treatment required**. It will usually clear up on its own after several days or weeks with no further neurologic problems.

HOME CARE INSTRUCTIONS

Bed rest, mild pain medicine, and a slow return to normal activities are usually all that is needed. Rest is important after a concussion because it helps the brain heal. **Avoid using aspirin or alcohol or engaging in activities that could lead to a jolt or blow to the head until you are fully recovered**. People who have repeated head injuries are at greater risk for serious complications, such as dementia, in later years.

SEEK MEDICAL CARE IF:

- Your symptoms have not improved within one week.

SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE:

- Vomiting.
- An uncontrolled headache.
- Loss of balance.
- Blurred vision.
- Increased sleepiness.
- Confusion.

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