



Information for You from Your Health Care Team

Concussion Instructions for the Adult

The symptoms listed below are common after brain injury, and usually disappear within two weeks. If any of these problems continue past two weeks, be sure to contact your physician for a follow-up examination or call Health Connections at University Hospital. The phone number is 464-8668.

- Dizziness or light-headedness
- Nausea
- Moderate headache
- Lack of motivation
- Memory problems
- Ringing in the ears or annoyed by loud noises
- Trouble paying attention or concentrating
- More easily frustrated or irritated
- More easily frustrated or irritated
- Blurred vision or annoyed by bright lights

These problems may be noticed at home, at work, or by friends. If you or others who know you do notice problems that are not getting better, you can get help from someone who understands concussions. First call your physician and tell him or her about any changes you see. Your physician may then want to see you and/or send you to a specialist.

While recovering from a concussion, you should avoid re-injury and avoid too much activity, as this can aggravate symptoms and complicate recovery.

If you want more information about brain injury, you can contact the Concussion Management Program at 464-8986.

Resources: [Brain Injury Association
www.biausa.org](http://www.biausa.org)

Speak up at any time if you have any questions or concerns.