

Post Head Injury Instructions

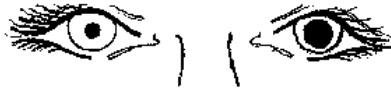
You have sustained a head injury and possible concussion; you may experience headaches, fatigue, nausea and mental "fogginess" for a several days. Any head trauma has the potential to be dangerous, whether or not you lose consciousness.

GENERAL INSTRUCTIONS

- Follow your physician's guidelines for return to activity.
- Take only plain acetaminophen (Tylenol) for headache or pain.
- Do not take aspirin or ibuprofen.
- Do not take sedatives, painkillers or drink alcohol of any kind.

If you experience any of the following symptoms contact Millersville University Health Services during regular officer hours or go to the nearest emergency department.

1. Severe head ache that is not relieved by Tylenol
2. Persistent nausea and vomiting
3. Blurred or double vision, or unusual eye movements
4. Unusual drowsiness, trouble waking or confusion
5. Restlessness, agitation or mental confusion
6. Loss of muscle coordination - stumbling or numbness, tingling in arms, legs, hands or feet.
7. Fever above 100⁰F
8. Seizures or convulsions
9. Unequal pupils



Millersville Health Services	717-872-3250
Lancaster General Hospital - Emergency Department	717-544-4925
Lancaster Regional Medical Center - Emergency Department	717-291-8111

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 872-3250.



Millersville University Health Services
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Millersville University, Millersville, PA 17551
(717) 872-3250
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