

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

- 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 for a few days following.
- Follow your physician’s guidelines for return to activity.
- You may be advised that you should not play contact sports for 3 weeks following a head injury.
- Do not drive, ride a motorcycle or bicycle, or operate machinery until you feel completely recovered.

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 (see figure 1)

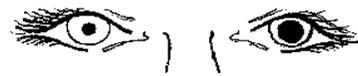


figure 1

Millersville Health Services
Lancaster General Hospital – Emergency Department
Lancaster Regional Medical Center – Emergency Department

717-871-5250
717-544-4925
717-291-8111

Sources and/or additional resources:

McKinley Health Center – http://www.mckinley.illinois.edu/head_injury/head_injury.html

Patient.co.uk - <http://www.patient.co.uk/health/head-injury-instructions>

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 871-5250.