



Howden Medical Clinic

Urgent Care/Family Practice/Cosmetics

375 Howden Blvd, Unit 2
Brampton, ON L6S 4L6
www.HowdenMedicalClinic.com

Phone: 905-790-2666
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BRAIN INJURY ADVICE CARD (SHORT VERSION)

Important Points about Mild Brain Injury

- You had a mild brain injury or what is sometimes called a concussion. Most people recover quickly following a mild brain injury. A few people may experience symptoms over a longer period.
- There is a small risk of you developing serious complications so you should be watched closely by another adult for 24 hours after the accident.
- Please read the following. It outlines what signs to look for after a brain injury and what you need to do if you have problems.

WARNING SIGNS

If you show any of these symptoms or signs after your brain injury, or you get worse, go to the nearest hospital, doctor or call 911 immediately.

- Fainting or blacking out, drowsiness or can't be woken up.
- A constant severe headache or a headache that gets worse.
- Vomiting or throwing up more than twice.
- Cannot remember new events, recognize people or places (increases confusion)



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- Acting strange, saying things that do not make sense (change in behaviour)
- Having a seizure(any jerking of the body or limbs)
- Inability to move parts of your body, weakness in arms or legs or clumsiness.
- Blurred vision or slurred speech.
- Being unsteady on your feet or loss of balance.
- Continual fluid or bleeding from the ear or nose.

The First 24-48 Hours after Injury

- **Warning Signs: You should be observed and returned to hospital if you develop any of the above warning signs.**
- **Rest/Sleeping:** Rest (both physical and mental) and strenuous activity for at least 24 hours. It is alright for you to sleep tonight but you should be checked every 4 hours by someone to make sure you alright.
- **Driving:** Do not drive for at least 24 hours. You should not drive until you feel much better and can concentrate properly. Talk to your doctor.
- **Drinking/Drugs:** Do not drink alcohol or take sleeping pills or recreational drugs in the next 48 hours. All of these can make you feel worse. They also make it hard for other people to tell whether the injury is affecting you or not.



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- Pain Relief: Use acetaminophen or acetaminophen/codeine for headaches. **Do not use aspirin or anti-inflammatory pain relievers** such as ibuprofen or naproxen(NSAIDS), which may increase the risk of complications.
- Sports: Do not play sports for at least 24 hours.

See your local doctor if you are not starting to feel better within a few days of your injury.

The First 4 Weeks after injury

You may have some common effects from the brain injury which usually resolve in several weeks to three months. These are called post concussion symptoms. Tiredness can exaggerate the symptoms. Return to your normal activities gradually(not all at once)during the first weeks or months. You can help yourself get better by following the below instructions:

- Rest/Sleeping: Your brain needs time to recover. It is important to get adequate amounts of sleep as you may feel more tired than normal and you need to get adequate amounts of both physical and mental rest.
- Driving: Do not drive or operate machinery until you feel much better and can concentrate properly. Talk to your doctor.



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- **Drinking/Drugs:** Do not drink alcohol or use recreational drugs until you are recovered. They will make you feel much worse. Do not take medication unless advised by your doctor.
- **Work/Study:** You may need to take time off work or study until you can concentrate better. Most people need a day or two off work but are back full time in less than 2 weeks. How much time you need off work or study will depend on the type of job you do. See your doctor and let your employer or teachers know if you are having problems at work or with study. You may need to return to study or work gradually.
- **Sport/Lifestyle:** It is dangerous for the brain to be injured again if it has not recovered from the first injury. Talk to your doctor about the steps you need to take to gradually increase sports activity and return to play. If in doubt, sit out.
- **Relationships:** Sometimes your symptoms will affect your relationship with family and friends. You may suffer irritability and mood swings. See your doctor if you or your family are worried.

Recovery

- You should start to feel better within a few days and be 'back to normal' within about 4 weeks. See your local doctor if you are not starting to feel better.
- Your doctor will monitor these symptoms and may refer you to a specialist if you do not improve over 4 weeks up to 3 months.