VIRTUAL MIDWEST CONCUSSION CLINIC

MAKING THE INVISIBLE VISIBLE

CONCUSSIONS: THE FIRST 48 HOURS.

WHAT TO KNOW. WHAT TO WATCH FOR. HOW TO SUPPORT YOUR RECOVERY.

A PATIENT GUIDE FROM MIDWEST CONCUSSION CLINIC.

BETTER CARE BEGINS WITH UNDERSTANDING.

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UNDERSTANDING THE FIRST 48 HOURS.

The first 24-48 hours after a concussion are an important time to reduce unnecessary demands, monitor your symptoms and begin recovery. Everyone's experience is different, but there are some general principles that can help.

A CONCUSSION CAUSES A CHANGE IN BRAIN FUNCTION

A concussion can affect how you think, feel, sleep and process information. Most people, not all, will notice gradual improvement with the proper guidance and gradual return to activities over the course of weeks.

REST MATTERS, BUT RECOVERY DOESN'T REQUIRE COMPLETE INACTIVITY.

The goal is relative rest - reducing activities that significantly worsen symptoms while maintaining light, everyday activities as tolerated. Finding the fine line between doing too much and not enough can be key to concussion recovery.

GETTING AN EARLY EVALUATION HELPS

An assessment from a healthcare professional with concussion experience can confirm the diagnosis, rule out more serious injury and provide individualized guidance for your recovery.

THE FIRST 48 HOURS ARE A STARTING POINT.
NOT A DEADLINE FOR RECOVERY.

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KNOW THE WARNING SIGNS.

Most concussion symptoms are not dangerous. But in some cases, a more serious brain injury can occur. **Seek emergency medical care immediately** if you, or someone else, has any of the following.

CALL 911 OR GO TO THE NEAREST EMERGENCY DEPARTMENT IMMEDIATELY IF ANY OF THESE OCCUR.

- Worsening headache that won't go away
- Repeated vomiting
- Seizures (convulsions)
- Increasing confusion or unusual behavior
- Difficulty waking or cannot be woken.
- Weakness or numbness in arms or legs
- Loss of coordination or trouble walking
- Slurred speech
- Double vision or unequal pupils
- Loss of consciousness (even if brief)

WHEN IN DOUBT. GET CHECKED OUT.
It's better to be safe.

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PRACTICAL GUIDANCE FOR THE FIRST 48 HOURS

The following strategies can help support your recovery. Use them as a guide and adjust based on your symptoms and the advice of your healthcare provider.

GET PLENTY OF REST

Prioritize a consistent sleep schedule at night. Short naps can be helpful if needed. Rest when you feel tired.

STAY HYDRATED AND NOURISHED

Drink fluids throughout the day and eat regular, balanced meals as tolerated. Choose nutrient-dense foods. Small, frequent meals can help with nausea.

LIMIT SCREEN TIME AT FIRST

Reduce time on phones, computers, TVs and video games, initially, especially if they worsen symptoms. You can gradually reintroduce screen time as tolerated.

GENTLE MOVEMENT IS OKAY

Light activities of daily living and short walks can be beneficial if they do not substantially increase your symptoms overall. Return to activity should be gradual.

MANAGE YOUR ENVIRONMENT

Limit bright lights, loud noises and overwhelming environments if they increase symptoms. A quieter, calmer environment can be helpful.

AVOID HIGH-RISK ACTIVITIES

Do not return to sports, heavy exercise or activities with a risk of another head injury until cleared by a healthcare provider.

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YOU DON'T HAVE TO FIGURE THIS OUT ALONE.

A concussion can be a confusing and uncertain experience. Our team is here to provide expert guidance, honest answers and individualized care so you can move forward with confidence.

If you're unsure what to do, or if your symptoms aren't improving as expected, reach out. We're here to help.

(260) 200-3735

matt@mwconcussion.com

mwconcussion.com

OFFICE HOURS

MONDAY - FRIDAY
8:00AM - 5:00PM EST

100% VIRTUAL CONCUSSION CARE

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