

USF HEALTH CONCUSSION CENTER



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HEALTH

CONCUSSION SIGNS AND SYMPTOMS

Signs and symptoms of a concussion may appear immediately or may not develop for hours or days following the injury. For this reason, patients who have suffered a concussion should be monitored for a period of time by a responsible person. In particular, patients with concussions should be observed for:

- Unusual or abnormal behavior
- Worsening headaches
- Repeated vomiting or nausea
- Slurred speech
- Excessive drowsiness or dizziness
- Convulsions or seizures
- Decreasing level of consciousness (patient can't be awakened)
- Unequal pupils (the black part in the middle of the eye)
- Inability to recognize people or places
- Increasing confusion
- Weakness or numbness in arms or legs
- Will not stop crying/inconsolable (children only)
- Will not nurse or eat (children only)

If any of the above signs or symptoms appear, patients should be accompanied to the nearest emergency department or call 911.

During the recovery period following a concussion, patients should:

- Limit physical activity to routine daily activities that do not worsen symptoms
- Limit activities such as school, work, and screen time to a level that does not worsen symptoms
- Avoid alcohol, sleeping tablets, aspirin, anti-inflammatory medication or stronger medications such as narcotics
- Avoid driving or operating heavy machinery until cleared by a healthcare professional
- Not return to play or sport until cleared by a healthcare professional

This referral plan is based on today's evaluation:

- Return to this office.
Date and time: _____
- Refer to USF Health Concussion Center for follow-up.

USF Health Concussion Center

Promenade Plaza
10330 N. Dale Mabry Hwy., Suite 220
Tampa, FL 33618

For appointments, please call:

813-974-2724

USFConcussionCenter.com