

Concussion care instructions

A concussion occurs after a strong blow to the head. Immediately after the blow a person might experience some symptoms: low consciousness or sleepiness that might go on for a few minutes. Afterwards, the symptoms might include vomiting, headaches, temporary problems with vision or sleepiness. All these symptoms are harmless.

Usually, these symptoms pass during a few hours. Headaches, nausea and dizziness might go on for a few days but usually all the symptoms will pass completely and there will be no long-term effects. Elderly might suffer from some symptoms even for a few weeks. Concussion won't affect brain functions later on.

Care and instructions:

1. Rest for the day. You can sit up and move around, if it feels ok. Have paracetamol every 4-6 hours to relieve pain (if that's the medication you're normally able to use). Check the package leaflet for correct dosage. Don't take ibuprofen, comparable product or acetylsalicylic acid (as it can encourage bleeding or bruising). Eating small portions, preferably liquid food, might help with the nausea.
2. You should be observed by an adult for the first 24 hours. Conversation every 3 hours during day and night guarantees your well-being.
3. You can go to daycare/school/work the next day if you are feeling well. Avoid intense physical exercise. Doctor will give you a note for sick leave, if needed.

Contact your local health care center or hospital if the patient develops any of the following:

- sleepiness, disorientation or low consciousness
- severe or worsening headache
- severe nausea or vomiting
- new neurological symptoms including changes in the sense of touch, slurred speech, double vision or other problems with vision, loss of hearing, paralysis, abnormal walking, clumsiness, unusual behavior, disorientation (difficulty to recognize places, people etc.)
- memory loss for more than 10 minutes
- bleeding or other fluid from ear, black eye without eye injury
- symptoms get worse

Call 112 immediately if the patient won't wake up or won't answer accordingly to the questions presented.

[Suomenkielinen ohje](#)