



## EVIDENCE-BASED CONCUSSION CARE

You have been referred by your physician to seek ongoing concussion management and/or rehabilitation through Complete Concussion Management.

Please visit <https://completeconcussions.com/find-a-clinic/> to find a clinic near you and call to book an appointment as soon as possible. In the meantime, please see the reverse side of this page for home care instructions and emergency situations.

**Please bring this referral with you to your first appointment.**

Patient name: \_\_\_\_\_ Phone: \_\_\_\_\_

Referring Physician: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

### Diagnosis:

\_\_\_\_\_ Acute Concussion

\_\_\_\_\_ Chronic Concussion – Injury Date: \_\_\_\_\_

### Additional Information:

(If you would like detailed progress reports on this patient, please indicate on this referral)

## POST-INJURY INFORMATION

You had a mild brain injury, sometimes called a concussion. Most people recover quickly following a concussion. Occasionally, symptoms may be experienced over a longer period of time. There is a small risk of developing serious complications in the short-term following a brain injury. A responsible adult should watch you closely for at least 24 hours after your injury.

The concussed person should not be permitted to sleep for at least 2 to 3 hours following injury and should be checked on every 2 hours throughout the first night following injury. There is no need to wake the individual unless there is concern about their breathing or status.

**If you develop ANY of the following signs or symptoms you must go to the nearest emergency department immediately!**

- Fainting or blacking out, extreme drowsiness, or can't be awakened
- A constant, severe, or worsening headache
- Repeated vomiting
- Cannot remember new events (repeating same questions: "why are we here?" "where are we?" etc.)
- Cannot recognize people or places (confusion)
- Acting strange, saying odd or incoherent things (changes in behavior)
- Seizures (jerking of the body or limbs, or a blank stare)
- Inability to move parts of the body, weakness in arms or legs, or clumsiness
- Blurred vision or slurred speech
- Being unsteady on feet or loss of balance
- Continual fluid or bleeding from ear or nose

### First 24-48 Hours After Injury

- Do not drive, drink alcohol, take sleeping pills or other recreational drugs
- Pain relief: Pain medications may mask the signs of a worsening condition and may increase the risk of bleeding in the brain. Pain medications should therefore be avoided in the first few days.
- School/Work: Concussions result in neurologic dysfunction and require rest (both physical and mental) to properly recover. Do not return to school/work without being advised by your physician or Complete Concussion Management practitioner.
- Sports: Do not return to ANY type of physical activity or sports participation until you have received full clearance from your healthcare provider. Doing so may result in further, more serious, and potentially permanent or fatal injury.