

Guidance for patients with concussion

You have been injured and have suffered a concussion. A concussion occurs, when the brain is shaken in the skull in connection with a strong impact on the body or the head.

As we have examined you or you have been under observation, and we have not found signs of serious injuries, it is safe to send you home. Below, you can read about how to proceed when you get home and what to be aware of. A concussion itself is not dangerous and does not require treatment. The brain just needs a lot of energy to recover, and it gets that best if you follow the advice below.

Symptoms

It is normal to have one or more of the following symptoms in the next few days:

- mild headache
- difficulty concentrating
- decreased memory
- nausea and dizziness
- irritability
- fatigue
- sleep problems.

Typically, the symptoms will disappear within 4-5 days, and in the vast majority of cases, they will completely disappear within the first 2 weeks. If they persist longer, you should contact your own doctor. Also, contact the doctor if you experience the same symptoms and are concerned. This way, you can have everything checked to ensure that all is well.

The first 24-48 hours (the acute phase)

It is beneficial if you are not alone in the first 24-48 hours. It is essential that you sleep as much as you can and, therefore, are not awakened. When you are awake, it is advantageous during this period to minimize the use of:

- reading and watching TV for an extended period
- audio media such as podcasts and audiobooks
- computer and video games.

You don't have to completely refrain from the above, but if you experience a worsening of your symptoms with use, it is important to stop immediately.

You are also encouraged to refrain from the following in the first 24-48 hours:

- alcohol and other drugs
- sleeping pills or sedatives unless prescribed by a doctor
- sports or other activities, especially activities where there is a risk of hitting your head again.

If necessary, you can take over-the-counter pain medication for headaches. However, be aware that this can blur your symptoms. Therefore, it is recommended to avoid this if possible. If the symptoms persist, you should contact your own doctor.

The following weeks

In the following weeks, it is not uncommon for you to:

- Be more tired
- Be irritable
- Be dizzy
- Have headaches
- Have experience difficulty concentrating.

These symptoms will usually gradually decrease over the coming weeks. If your symptoms remain unchanged or worsen, you should contact your own doctor.

It is crucial that you start being active again as soon as possible. You should find an activity level that suits you and gradually increase it until you are back to normal. This will help you recover without risking overloading yourself and your brain.

Special for children

Children with a concussion should be observed for the same symptoms as adults. Crying, irritability, and a lack of appetite can be signs of a headache or other discomfort.

Children should have peace and quiet and sleep as much as they want in the acute phase. Children can also be pulled out of play or other demanding activities in the acute phase.

Note

You should contact your doctor immediately if one or more of the following symptoms develop within the first day:

- increasing or severe headaches,
- frequent vomiting,

- visual disturbances,
- increasing fatigue with an increased need for sleep,
- speaking unintelligibly or behaving strangely,
- confusion or bewilderment,
- difficulty controlling arms and legs,
- seizures or unconsciousness.

Contact and more information

If you have any questions, feel free to contact us.



Sengeafsnit O4

Phone: 97 65 30 50

Open 24 hours

Our website: <https://aalborguh.RN.dk/ortopæd>