



Instructions for the patient

Authors: nurses of the emergency unit

Accepted by: senior emergency unit physician

HOME CARE OF A CONCUSSION PATIENT

The normal symptoms of a concussion include sickness, vomiting, headache, and loss of memory of the accident.

Home care

The patient can be out of bed on the first day.

The patient must be woken up several times during the first night. It should be observed whether the patient wakes up normally, and whether he or she is able to appropriately answer the questions asked.

During the following days, everyday routines should be resumed as normally as possible.

The patient can eat and drink as normal but must not consume any alcohol as this hampers observation of the symptoms.

Medicinal products sold over the counter can be used according to instructions to treat pain, unless advised otherwise by a doctor.

Please note

If the concussion patient has severe/worsening headache or nausea, or he or she suffers from disturbances of balance, confusion, or sleepiness, contact the emergency unit of the South Karelia Central Hospital (Tel.: 116 117).

If mild symptoms persist (see the symptoms referred to above) for over a week, contact your own healthcare centre.

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