

The _____ Doctors Center

Health & Wellness

You have been diagnosed with: Head Injury: Concussion and Pain

Concussions are changes in mental status that are caused by accidental or intentional trauma to the head. There may or may not be a loss of consciousness involved with these injuries. Most people who suffer head trauma that causes concussion, in fact, do not black out. Due to head trauma, the brain does not function properly which may appear as changes in speech, memory, judgment, balance and reflexes. No matter how mild the concussion, it is a brain injury. Symptoms can include dizziness, headache, slurred speech, ringing in the ears or even nausea and vomiting. These are usually immediate symptoms. Later symptoms include mood swings, sleep disturbances and sensitivity to light or noise. These may not occur for hours or even days later.

Treatment Plan:

Resting in a quiet, dark room may help the pain. Have someone stay with you for the next 24-48 hours. You may sleep but someone should wake you every 2 hours for the first 24 hours to make sure you are able to be easily awakened and that your mental status has not changed, then every 4 hours the next 48 hours depending on the severity of your injury or your doctor's request. You may apply an ice pack to the injury site for 10-20 minutes every couple of hours for the first 24 hours. If you have been prescribed pain medication, take it only as directed.

If you feel like you need more medication than was prescribed you may need to be seen again. If you have not been vomiting and start or you develop new symptoms affecting your speech, judgment, memory or balance you should **contact your physician/provider at The Doctors Center as soon as possible or if unable to reach provider please go to the nearest emergency room for further evaluation.**

Should your headaches **change in frequency, become more painful than you have ever experienced** or you have **NEW symptoms (such as numbness, blurred vision, speech disturbance, fever, neck stiffness or other symptom)** associated with it or worsens in any way before your next scheduled visit you must **contact your physician/provider at The Doctors Center as soon as possible or if unable to reach provider please go to the nearest emergency room for evaluation.**

You have been scheduled for a follow-up appointment with your physician/provider at The Doctors Center. It is very important that you keep this appointment with your provider to ensure that your body is responding to the treatment recommended.

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WESTSIDE

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BEACH BLVD.

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