

NORTH CAROLINA  
**STAC**  
STATE TRAUMA  
ADVISORY COMMITTEE



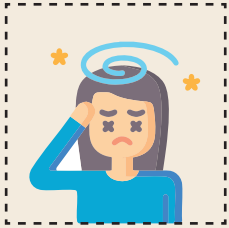
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## ADULT BRAIN INJURY

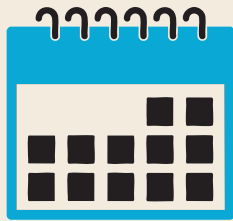
### Discharge Instructions

You have been diagnosed as having a brain injury, which may be called a concussion or a minor brain injury (a TBI). Though it may not be life-threatening, it needs to be taken seriously.



If, after discharge from the Emergency Department (ED), you **vomit** more than once or have any **loss of consciousness, seizures, or slurred speech**, please return to the Emergency Department immediately.

You may experience post-concussion symptoms, such as headaches, dizziness, confusion, loss of coordination, poor concentration, memory problems or forgetfulness, personality changes or irritability, changes in sleep patterns, and vision (eyesight) issues. **If these symptoms get worse, contact your primary care provider.**



Most symptoms will diminish with **2-3 weeks** of cognitive (brain) and physical (body) rest and gradual return to normal activities. It is critical to avoid activities that may result in another concussion. Do not return to work or play if you have any symptoms.

**Do not drive, operate heavy machinery, or return to work** until your cleared by your medical provider.

### *What should your follow-up be?*

- Please **make an appointment** to see your primary care provider in **10-14 days for follow-up care** to ensure that you're healing well and to determine when you can return to work and play.
- If your PCP does not have experience with post-concussion care, **ask them to refer you to a physician** who is trained in concussion rehabilitation.
- If you do not have a primary care provider, please **ask the ED physician to refer you** to someone before you leave the ED.



- If your symptoms do not clear in 2-3 weeks, you may be referred to other types of healthcare providers for further evaluation and supportive care.
- This care may include speech therapy, physical therapy, occupational therapy, psychiatric/psychological care, and social supports. These services can help you adapt to changes and improve your ability to function.

