CONCUSSION HOME INSTRUCTIONS

Dear Parent,



•Expose athlete to bright lights or loud noises (avoid i-pod, video game use, etc)

•Participate in any kind of physical activity, including P.E. class

\*\*Due to his expertise, we review all concussion cases with our team physician, Dr. Andrew Hunt. If he feels a follow-up appointment in the office is necessary, he will let us know immediately. You are of course welcome to set up an appointment, regardless, with Dr. Hunt or a physician of your choice. Dr. Hunt is happy to answer any questions and may be reached at **847-724-4669**. To make an appointment, please call his receptionist at **847-724-4384**.

**Referral Checklist**

If you observe any of the following symptoms, please contact emergency medical services immediately.

* Vomiting
* Seizure activity
* Changes in mental status: i.e. confusion, agitation, difficulty maintaining arousal, lethargy
* Any signs of associated injuries to the spine or skull
* Sudden increase in symptoms

*\*Instructions and recommendations based on guidelines provided by the National Athletic Trainer’s Association*