

ENG

Concussion

Adolescents and adults

Holbæk Sygehus, Akutafdelingen



Holbæk Sygehus
Akutafdelingen
Smedelundsgade 60
4300 Holbæk

E-mail: hol-akut@regionsjaelland.dk

Afdelingstelefon: 59 48 38 00

Skadetelefonen: 1818

www.holbaeksygehus.dk/afdelinger/akutafdeling

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- vi er til for dig

A concussion is an impact on the brain that can occur in several ways, either from a direct blow to the head or face, neck, or even throughout the body, where force is transferred to the head.

There are different degrees of symptom experience with a concussion. Most people recover within 2-3 weeks, but in very few cases, complications may arise that require further treatment.

Common symptoms

When you have hit your head or body, you may experience one or more of these symptoms:

- Headache
- Dizziness or seeing flashing lights
- Apathy and lack of energy
- Nausea and vomiting
- Sensitivity to light/sound'
- Brief memory loss

A simple concussion itself is not dangerous and does not require treatment. The brain just needs plenty of energy to recover, and this is best achieved by following the advice in this brochure.

Symptoms you should pay special attention to in the first few days

You have been discharged from the Emergency Department for further observation at home.

It is important if an adult can be with you during the first 24 hours.

If you or your relative experiences the following, you or they should contact Skadetelefonen (Injury Helpline) at 1818 or call emergency services at 1-1-2: Oplever du eller din pårørende følgende, skal du eller de kontakte Skadetelefonen på tlf. 1818 eller evt. alarm 1-1-2:

- Loss of consciousness or blackouts
- Increasing fatigue and difficulty waking up
- Severe headache
- Persistent severe vomiting
- Visual disturbances
- Incoherent speech or unusual behavior
- Seizures

Adolescents and adults need peace and quiet. You can read, watch television, or use a computer, but in moderation. You should stop immediately if you experience a worsening of your symptoms, such as headache or nausea. Worsening of symptoms can sometimes occur some time after the activity. It is a sign that you have done too much. Remember, your brain needs as much rest as possible.

You can eat and drink water/juice, but avoid alcohol.

The first 48 hours after

First and foremost, you should sleep as much as you need to without

being woken up. It is during sleep that the brain has the best conditions to recover. Roughly speaking, this is when the brain restores itself.

It is common to feel tired and have a need for more sleep, but it can also be difficult to find peace and get uninterrupted sleep. Avoid alcohol! Basically, do what you can, but ensure a good balance between activity and rest, and limit screen time in the first couple of days. Take breaks between your activities and listen to music or go for a walk. Hold off on engaging in intense physical activity.

Headaches

Your headache is the body's signal that you have actually done more than the brain could handle. If you take pain medication, you block the signal and risk putting more pressure on your body and brain than is good, which can result in prolonged symptoms. Therefore, we recommend that you avoid taking pain medication.

After 48 hours

Gradually resume your usual activities, including screen usage, but with breaks along the way, even if you still have symptoms. It is a good idea to wait for 2-4 weeks after the concussion before

engaging in contact sports, as there is a risk of getting another concussion.

Avoid returning to your previous level of activity and instead find the level that suits you best, gradually increasing from there. This will help you in your recovery process and prevent overexertion. Inform your friends, family, colleagues, and teachers/employers about your symptoms so that they understand your challenges and may be able to adjust the day to accommodate your needs at school/work.

Symptoms such as fatigue, dizziness, and difficulty concentrating should gradually diminish over the following 3-4 weeks. If you experience unchanged or worsened symptoms, you should consult your own doctor for evaluation.

Questions

Feel free to contact Skadetelefonen at phone number 1818 or your own doctor if you have any doubts or questions regarding your treatment.