

CONCUSSION

Signs and Symptoms

- Mental confusion/behavior changes
- Dizziness/loss of balance
- Memory loss
- Headache/ringing in the ears

Seek immediate medical attention at the nearest ER if symptoms include:

- Nausea or vomiting
- Blurry or double vision
- Dilated pupils or difference in pupil size between eyes
- Slurred speech
- Sudden loss of consciousness
- Decreased or irregular pulse or breathing
- Seizure activity

FAST, EFFECTIVE AND QUALITY EMERGENCY CARE

When it comes to an emergency, there's nothing we want more than fast, effective care. With 24-hour services, the latest technology, and caring staff, our emergency room is ready for you.



LEE'S SUMMIT
MEDICAL CENTER

IF YOU OR YOUR CHILD EXPERIENCES A CONCUSSION

IT IS OK TO:

- Use acetaminophen (Tylenol)
- Use ice packs on head and neck as needed for comfort
- Eat a light diet
- Go to sleep
- Rest (no strenuous activity or sports)

THERE IS NO NEED TO:

- Check eyes with a flashlight
- Wake up every hour
- Test reflexes
- Stay in bed

DO NOT:

- Drink alcohol
- Drive while symptomatic
- Exercise or lift weights
- Take ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications



**LEE'S SUMMIT
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ER Care for Kids and Adults
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