



COMMUNITY HEALTH NETWORK
 SAN FRANCISCO GENERAL HOSPITAL
 MEDICAL CENTER

**Mild Traumatic Brain Injury Discharge
 Instructions**

NAME _____

DOB _____

MRN _____

PCP _____

Patient ID / Addressograph _____

HEAD INJURY CARE:

You had a head injury and must be watched every 4 hours by another person for 24 hours. If you have any of these symptoms after your head injury, you or the person watching you should call your primary care doctor, go to the Emergency Department or call 911:

- Any fainting or sleepiness (it is difficult to wake you up)
- Increased confusion, restlessness, or agitation
- Change in behavior (acting strange, saying things that do not make sense)
- A constant, worsening headache
- Any repeated vomiting or throwing up
- Suddenly cannot remember new events
- Cannot move parts of your body
- Seizure (any jerking of the body or limbs)
- Cannot speak clearly

You may use Tylenol, but do not take aspirin, or any pain pills not prescribed by your doctor for your head injury for the first week. Do not drink any alcohol or take any drugs not prescribed by your doctor.

You must not play any sports until a doctor says it is safe to do so.

Some common symptoms after brain concussion that you may experience include: Headaches, sensitivity to light, dizziness, vertigo, loss of balance, fatigue, difficulty sleeping, difficulty paying attention or concentrating, difficulty reading or remembering new things, depression, irritability or anxiety, change in hearing, taste or smell, bone or joint pain.

Date: _____ Time: _____ Provider _____ / _____ CHN ID# _____
Print name Signature

Date: _____ Time: _____ RN signature _____

Date: _____ Time: _____ Patient/Family signature _____