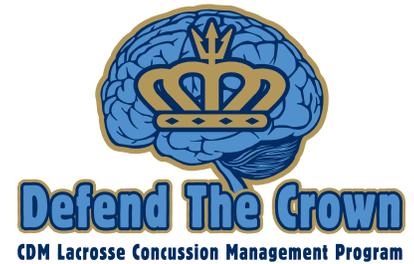


**CDM Lacrosse Sports Medicine
Concussion Management Program
Post-Concussion Care Instructions**



Dear CDM Lacrosse Parent or Legal Guardian,

Your child may have experienced a head/brain injury during today's practice or game. We recommend you give him careful attention for the next 24-48 hours.

Common head injuries often cause brief periods of being stunned or brief periods of unconsciousness. Be aware that signs and symptoms of a head injury may appear later, sometimes even several days after the initial injury occurred. Your attention to your child's behavior over the next few days is of the utmost importance.

As a responsible adult, you should stay with your child for the first 24 hours. As you observe, look for signs of headache, mild visual disturbances, dizziness, unusual feelings, nausea, vomiting, drowsiness, memory loss or change in behavior.

Awaken your child every few hours during the night or during periods of rest to be certain that normal communication is possible. Have your child make obvious identifications e.g., "who are you?", "who am I?", "where are we?", etc.

Call your doctor or take your child to an emergency medical facility immediately if his behavior appears to be abnormal or any of the following occurs:

1. Short term memory loss.
2. Cannot be awakened.
3. Has convulsions or seizures.
4. Vomits repeatedly.
5. Has a severe headache or neck ache.
6. Obvious personality changes.
7. Stumbling and lack of coordination.
8. Weakness in the arms or legs.
9. Ringing in the ears and intolerance of loud noises.
10. Blurred vision or difficulty in focusing vision and intolerance of bright lights.

IMPORTANT NOTE:

DO NOT GIVE ASPIRIN OR NSAID (ANTI-INFLAMMATORY) CONTAINING PRODUCTS. IT MAY PROMOTE BLEEDING. MEDICATIONS SHOULD ONLY BE GIVEN AFTER CONSULTING A PHYSICIAN. NO TYLENOL UNTIL 24 HOURS AFTER INJURY. MAKE SURE IT IS FOR HEADACHE ONLY. YOU DO NOT WANT IT MASKING THE SYMPTOMS.

If you have any questions, feel free to contact me on my cell phone at 714-878-8200.

Jackie McKindley, ATC, Head Trainer
CDM Boys Lacrosse.