



Del Sol Chiropractic

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Empowering LIFE

Post-Concussion Do's and Don'ts

(General guidelines for mild traumatic brain injury / concussion recovery)

DO'S:

- **Rest your brain** in the first 24-48 hours (limit thinking, screens, reading, school/work. Any activity that stresses the brain should be avoided until all symptoms are gone).
- **Get plenty of sleep** at night and nap if needed.
- **Gradually return to activity** only when symptoms are improving and with medical clearance.
- **Stay hydrated** and eat regular, balanced meals (avoid skipping meals).
- **Limit screen time** (phone, TV, computer, video games) – especially in the first few days do not resume screen time until headache vision balance and reaction time return to normal.
- **Reduce bright lights and loud noises** if they make symptoms worse.
- **Do light physical activity** (walking, gentle stretching) as tolerated and cleared by your doctor – this actually helps recovery.
- **Return to school/work in stages** (partial days, reduced workload, extra breaks/accommodations your doctor should write you out of tests and screen until symptoms return to normal).
- **Tell your doctor or athletic trainer** immediately if symptoms suddenly worsen.
- **Be patient** – most people recover fully in 1-4 weeks, but pushing too soon delays healing extending the injury time or worsen the injury to your brain.

DON'TS:

- **Don't return to sports/contact activities** until fully cleared by a medical professional (The risk of second-impact syndrome is serious. With consequences ranging from serious neurological deficits to death).
- **Don't drive** if you have headaches, dizziness, confusion, or slowed reaction time.
- **Don't drink alcohol** – it worsens symptoms and slows brain healing.
- **Don't take ibuprofen (Advil/Motrin), aspirin, or other NSAIDs** unless specifically told it's okay by your doctor (they can increase bleeding risk).
- **Don't "tough it out"** or try to power through work/school full-time right away.
- **Don't spend all day in a completely dark room** after the first couple of days (total sensory deprivation can actually prolong symptoms).
- **Don't ignore worsening symptoms** (repeated vomiting, severe headache, confusion, seizures, slurred speech → go to ER immediately).

Quick Symptom Red Flags → Seek Emergency Care:

- Loss of consciousness (even brief)
- Worsening headache that won't go away
- Repeated vomiting
- Seizures
- Slurred speech, weakness, numbness
- Confusion, agitation, or personality changes
- One pupil larger than the other

Recovery is usually smooth if you give your brain the right amount of rest and gradual activity. Most people feel noticeably better within 7-14 days but it can take longer. Listen to your body and follow up with a concussion-trained provider.

Dr Frank Musante MS DC