



Home Care

Ben Hogan Sports Concussion Center



The Texas Health Ben Hogan Concussion Centers in Dallas and Fort Worth are leading the way in concussion management. As the only dedicated, multidisciplinary sports concussion center in North Texas, our staff includes physicians, neuropsychologists and certified athletic trainers, all of whom have expertise in diagnosing and managing sports concussions.

The center's comprehensive approach to concussion care includes:

- Diagnosis and treatment for concussion
- Interpretation of ImpACT™ neurocognitive baseline and post-injury test results
- Interpretation of balance testing with the latest technology used by professional players
- Education on concussion for athletes, athletic trainers, coaches and parents

Dallas

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Fort Worth

Ben Hogan Center
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For more information on concussion management and tools you can use on the field, visit

TexasHealth.org/BenHogan.

Doctors on the medical staff practice independently and are not employees or agents of the hospital except for resident doctors in the hospital's graduate medical education program.

Student Athlete Home Care for a Head Injury or Concussion

What is a concussion?

A concussion is a disturbance in the function of the brain caused by a direct or indirect force to the head or body. It results in a variety of symptoms and may, or may not, involve memory problems or loss of consciousness.

What should I do?

Any athlete suspected of having a concussion should be removed from play for the remainder of the game and seek medical evaluation by a physician prior to returning to play. The best guideline is to note symptoms that worsen and behaviors that seem to represent a change in your son or daughter. If you have any question or concern about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department.

A person with a concussion may:

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

There is no need to:

- Wake up every hour
- Stay in bed
- Test reflexes

Do not:

- Drink alcohol
- Use computer/text/video games
- Drive while symptomatic
- Watch anything with a screen
- Exercise or lift weights
- Take ibuprofen, aspirin, naproxen or other nonsteroidal anti-inflammatory medications
- Consume caffeine drinks

Lights Out on Electronics

The use of computers, TV, phone, video games and texting, can delay the brain's healing process. Restriction from using these items as well as avoidance of concerts and loud music may improve healing time. During the next few days, limit TV time and only non-violent programs.

Academic Accommodation

The school administrators (principals, counselors and teachers) should be contacted and informed that the student athlete has sustained a concussion. Request "academic accommodation" such as excuse from classes and homework for a few days. This should occur until the symptoms diminish. Please remind your child to check in with the school nurse or athletic trainer prior to going to class on the first day he or she returns to school.

Your child should also follow up with the school's nurse or athletic trainer and should be restricted from participating until the symptoms resolve and a physician has cleared them to return to play. Return to play should be gradual and increase in stress over a period of a few days. If signs or symptoms return with workouts, then restrict from exercise until the athlete is able to work out without symptoms returning.

Go to the Hospital Immediately if any of these Signs are Visible

- Worsening Headache
- Vomiting
- Bleeding or clear fluid coming from ears/nose
- Very Drowsy
- Seizures
- Unequal pupils
- Confused
- Unsteady
- Slurred Speech
- Can't recognize people and places



Concussion Center