

**THE COLONY HIGH SCHOOL  
ATHLETIC TRAINING/SPORTS MEDICINE**

**4301 Blair Oaks  
The Colony, TX 75056  
(972) 625-9000 x-4167**

## **Head Injury Care**

### **Treatment:**

- Rest
- Observation
- No aspirin, alcohol product, or any other type of blood thinner
- Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin) in over the counter doses only

### **Report to hospital immediately if any of the following symptoms are present:**

- Persistent headaches, neck, or back pain
- Bleeding or clear fluid draining from the nose or ears
- Blurred or double vision
- Weakness in the arms and or legs
- Pupils that do not change size when exposed to light
- Persistent vomiting
- Confusion, irritable, unusual drowsiness, amnesia ( inability to recall places, names and places)
- Repeatedly asks the same questions even though you answered them minutes earlier

### **Very Important:**

- Wake him/her up from their sleep every two hours for a period of 24 hours. Walk them around and ask them questions. If your son/daughter fail to awake in a way that you are accustomed, please take them to the hospital immediately.