

Questions Commonly Asked About Concussions

What is the treatment for a concussion?

There is no specific treatment for concussion. It will resolve as part of the body's natural healing processes. But there are some things you can do to help.

Overdoing it in terms of strenuous activities can prolong a concussion, so resume your prior activity and work levels gradually, usually over a period of several days to a week. You can use your own perception of how you are feeling to judge how quickly you can do this.

If the concussion occurred at work, you should be followed by medical personnel who will assist with these decisions as you are recovering.

In addition, you can help speed your own recovery by doing the following:

- Get adequate sleep each night.
- Avoid alcohol.
- Minimize the use of strong pain medication.

Your healthcare provider may recommend some simple medications to help your symptoms, but these are not needed for the concussion to resolve. Take the medications as prescribed if they seem to help, but it is not necessary to take them if they are not helping, or if you feel that you are having side effects from them.

Can I go back to sports?

This depends on the severity of your concussion and the type of sports you play. You should receive specific instructions for your situation, but in general, waiting until you feel completely better (at rest and with gradually increasing conditioning activities and non-contact practices) for one- to two weeks after a minor concussion, and two- to four weeks or more after a concussion where you were "knocked out" is the safest.

Do I need to be checked again?

If a follow-up appointment has been scheduled for you, keep that appointment. Otherwise, if you feel progressively better over time, and feel completely better by five- to seven days, there is no need for further medical care. "Completely better" means that you have no symptoms and are doing all of your normal activities without difficulty.

If you have persistent symptoms or are not able to perform your normal activities by in those five- to seven days, return to the urgent care clinic or see your primary doctor.

Courtesy Joseph Toscano, MD