

Brain concussion in adults

Observation instructions at home

Brain concussion is a short-lived loss of brain function due to head trauma that resolves spontaneously. With concussion, function may be interrupted but there is no permanent damage to the brain. This is caused by for example falling and hitting the head or any other head trauma.

Symptoms are for example; headache, dizziness, nausea and temporary memory loss.

In mild occasions, observation at home maybe enough. A criterion is that you have a companion who stays with you all the time.

It's important that your companion wakes you several times the first night; this is done so that any disruptions in consciousness can be detected.

Take painkillers if needed.

It's very important that symptoms become milder after a while. If you still have the symptoms after 7 days, or if they become worse, contact your doctor again.

If it's difficult to awake the patient contact the emergency care unit (06) 323 1311