

First 24-48 Hours After Injury



Follow Advice given by doctor



Ask someone to keep an eye on you and seek urgent medical care if you develop red flag symptoms.



Do not drive or operate machinery.



Do not drink alcohol or take recreational drugs or sleeping pills.



Take paracetamol for pain relief but avoid aspirin and anti-inflammatories such as ibuprofen or Nurofen.



Limit screen time and activities that require concentration/thinking.



Take time off work/study.



Do not participate in sports or strenuous physical activity. But low impact, low intensity activity can help recovery - short, slow walks on level ground; usual activities of daily living.



Avoid air travel.



Sourced from ACC8319 Concussion Education Sheet