

Minor Injuries Walk-In Clinic

THE ELYSIAN – CORK

TALLAGHT & SANTRY – DUBLIN

Tag Rugby Concussion Advice – ExpressCare Cork Clinical Lead Dr. Tony Lynch

Concussions can happen from everything to playing sport to just daily living.

The most important factor with any head injury incident is to seek immediate medical advice.

Some simple rules that must be followed:

1. A concussion is a brain injury and must be taken seriously. All players with head injuries or suspected concussion must be removed from the field of play immediately.
2. The signs and symptoms of concussion are varied and may occur immediately or may develop over minutes, hours or days. It is possible that people feel better soon after a head injury, but that does not mean they don't have a concussion.
3. A medical doctor should access you as soon as possible. While waiting to see the medical doctor, you should stay in the company of others.

What NOT to do:

1. Be left alone or swim alone
2. Drink alcohol
3. Drive, handle heavy machinery or work at heights
4. Watch TV or play video games if they irritate your symptoms
5. Take anti-inflammatory medications or any painkiller stronger than Paracetamol, unless instructed by your doctor

When to call 999:

1. Deteriorating conscious state – i.e. becoming drowsier
2. Increasing confusion or irritability
3. Behaving unusually / change in normal behaviour
4. Fit, seizure or convulsions
5. Double vision
6. Slurred speech
7. Continuing unsteadiness on feet
8. Weakness or tingling/burning in arms or legs
9. Severe or increasing headache
10. Repeated vomiting

Affidea Concussion Clinics offer baseline & post-injury testing. Book online today.