

Recovery

- Full recovery is expected even if you've had more than one concussion during deployment
- However, with each additional concussion healing may take a little more time
- It's important to know that treatment is available for your post-deployment health problems, including those related to concussion
- Most health problems resulting from concussion or deployment can be addressed by a primary care provider who is supported by a team of specialists
- Speak with your provider about each of your health concerns.
- Understand that recovering from a concussion may take longer if you have other medical conditions such as depression, PTS, sleep problems, or are using alcohol or drugs

The most important things **you** can do:

- Relax and give yourself time to heal
- Get plenty of sleep and rest
- Be honest with your provider
- Avoid further head injury
- Expect a full recovery

Additional Information:

Defense and Veterans Brain Injury Center
www.DVBIC.org

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Concussion/mTBI Information

For Use >1 Month After Injury or at Post Deployment Health Assessment

(Not for Acute Period)





What Is a Concussion?

- A concussion is a head injury from a hit, blow, or jolt to the head that briefly knocks you out (loss of consciousness), or makes you feel confused or “see stars” (change in consciousness)
- It can result in headaches, irritability, fatigue, balance difficulties, sleep disturbance, dizziness, ringing in the ears, blurred vision, concentration or memory difficulties, and other problems

Have I Had a Concussion?

- Your assessment indicates that you may have had a concussion/mTBI
- It is important to understand that “mTBI” — mild Traumatic Brain Injury — is just another way of saying “concussion”
- We refer to your injury as a concussion because we want to make sure you realize that it’s different from the other more severe “traumatic brain injuries” (TBIs)

How Long Does it Last?

- Almost everyone recovers from concussion within hours to days
- Sometimes service members are concerned that concussions sustained during deployment will lead to lasting effects after return home, but in fact, concussions usually heal quickly
- Occasionally, symptoms may persist longer than expected
- The time it takes to heal depends on the individual, the nature of the injury, the number of concussions, and other conditions that may exist

What Else is Important?

- Persistent symptoms post-deployment may result from physical injuries, other significant events, or conditions such as sleep deprivation and operational stress reactions
- Conditions such as post-traumatic stress (PTS), depression, anxiety, and alcohol use can make it more difficult to fully recover
- Talk to your provider about significant events you experienced in theater and any symptoms you have
- Communicate accurately detailed information about all injury events; the sooner you do this the better

What Will Help Your Recovery?

- Talk to your provider about the problems you’re experiencing
- Take only medications prescribed for you, take them as directed, and report any side effects
- Abstain from alcohol and drug use
- Limit your use of caffeine and “energy-enhancing” products
- Avoid contact sports that can lead to another concussion
- Avoid aggressive driving that can lead to more severe traumatic brain injuries
- Get plenty of sleep every day — at least 7-8 hours