England Boxing
Concussion & Head Injury
Post Bout Advice

Boxer sustained a head injury at:

Time ..... **Date** .....

Venue .....

You were assessed by a doctor following your bout and no signs of serious complications were found. It was felt you are safe to be accompanied home and do not need to attend hospital at this stage. When you get home, it is unlikely that you will have further significant problems, although you should remain in the supervision of a responsible adult for the rest of today and overnight.

If you are affected by any of the following, you should go to the nearest hospital emergency department as soon as possible:

- unconsciousness or lack of full consciousness,
- very painful headache that will not go away,
- vomiting – getting sick,
- confusion (not knowing where you are, getting things muddled up),
- fits (collapsing or passing out suddenly),
- weakness in one or both arms or legs,
- problems understanding or speaking,
- loss of balance or problems walking,
- problems with your eyesight,
- clear fluid coming out of your ear or nose,
- bleeding from or new deafness in one or both ears,
- drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake.

DON'T

- Be left alone in the first 24 hours
- Consume alcohol in the first 24 hours and/or if symptoms persist
- Drive a motor vehicle within the first 24 hours (Commercial drivers (HGV etc.) should seek review by an appropriate Healthcare Professional before driving)