



## U.S. ARMY COMBATIVES SCHOOL

### Post Head Injury Suggestions

If you have suffered a head injury we suggest the following:

1. Eat a light diet
2. Do not take any sedatives or consume any alcoholic beverages.
3. IMMEDIATELY seek the attention of a Combatives Instructor if you are suffering from:
  - a. A severe or progressively worsening headache even after a dose of acetaminophen (Tylenol)
  - b. Nausea and/or vomiting
  - c. Unusual drowsiness
  - d. Blood and/or other fluids draining from the ears, nose, and/or mouth
  - e. Convulsions and/or seizures
  - f. Confusion and/or inability to concentrate
  - g. Blurred vision and/or double vision
  - h. Ringing in the ears
  - i. Balance difficulties
  - j. Dilated and/or unequal pupil size
  - k. Bleeding from the nose or ears
  - l. Temperature above 100.5°F, with or without neck stiffness
4. You may take two (2) extra-strength Acetaminophen (Extra-Strength Tylenol) **OR** three (3) regular-strength Acetaminophen (Tylenol) for headaches. **DO NOT TAKE ASPIRIN OR IBUPROFEN!!** Do not take any other pain medications unless directed by the Instructor or a physician.
  - a. If your headache does not respond to the Acetaminophen (Tylenol), see a physician.
5. Report to your Combatives Instructor before your next class, meeting, or workout for a follow-up examination. If you have any questions or concerns, please call:
  - (706) 545-2811 – Fighthouse
  - (706) 544-2041 – MACH information desk
  - (706) 544-4000 – Ft Benning EMS/911