

14 Things You Need to Do If You Suspect a TBI

Traumatic brain injury (TBI) is often referred to as a “silent injury.” That’s because many symptoms of a TBI are not as obvious as they are for other types of injuries – but the consequences of a TBI can be very serious. This fact makes it even more critical to seek a prompt medical evaluation if you believe you or a loved one has suffered a concussion or other type of TBI.

Are you wondering what you should do if you suspect a TBI? Here are 14 steps you should take:

1

Recognize the symptoms of a traumatic brain injury.

There are a number of signs that could indicate a TBI after someone has suffered trauma to the head. A few examples of symptoms that raise concern include:

- › Loss of consciousness, even for a short time
- › Confusion or feeling dazed
- › Inability to remember what happened
- › Vomiting
- › Seizure
- › Slurred speech
- › Abnormal behavior
- › Headache and neck pain
- › Difficulty communicating or understanding what others say
- › Mood changes
- › Sensitivity to lights, sounds and distractions
- › Blurred vision
- › Ringing in ears
- › Changes in the sense of smell and taste
- › Problems with balance
- › Lethargy

2

Seek immediate medical attention.

Timely medical treatment could have a major impact on a TBI victim’s recovery. It could even make the difference between life and death. If you suspect a TBI, call 911 immediately.

3

Follow medical advice.

If you are diagnosed with a traumatic brain injury, it is crucial that you follow your doctor's medical advice in order to promote the best recovery possible. Take only medications ordered by your doctor. Be sure to follow through with all medical appointments and any rehabilitation programs ordered by your doctor.

4

Get plenty of rest.

The brain needs downtime to heal. Be sure to get a full night's sleep and take naps during the day to provide your injured brain with proper rest.



5

Avoid physically or mentally demanding tasks.

Difficult tasks can tax your brain and make symptoms worse. They can also slow the recovery process. Ask for help with things like housekeeping, paying bills, lifting objects, reading confusing documents and the like. Now is also not the time to engage in heavy exercise for physical fitness.

6

Steer clear of activities that could cause another injury.

The brain is particularly fragile in the period immediately following a TBI. Take a break from activities that could lead to another brain injury - for example, recreational sports or riding roller coasters. A second injury could result in a much more serious condition.



7

Don't multi-task.

Dividing your attention between more than one task is difficult even for people who have not suffered a TBI. Take it easy on your brain while it is healing by concentrating on one thing at a time.

8

Ease back into your normal activities.

Don't dive into the deep end of the pool when it comes time to resume your normal daily routine. Instead, when your doctor says you can begin returning to your pre-accident activities, take it slow. Gradually increase the types of activities you do and the intensity.



9

Don't drive or operate heavy equipment until your doctor says it's safe.

Brain injuries can decrease reaction time and judgment, which could make it very dangerous to drive, cycle, use hazardous machinery or engage in other similar activities. Avoid these activities until your doctor says you are clear to do them. Then take a gradual approach to getting back behind the wheel, on the bike or at the controls.

10

Talk with your employer about your condition.

Let your employer know about your brain injury. Once you are able to return to work, it may be necessary to adjust your schedule, tasks and workload to accommodate the TBI healing process. Ask your doctor for assistance in explaining your limitations and needed accommodations to your employer.

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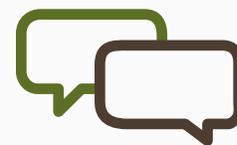
Avoid alcohol while recovering.

Alcohol and other drugs can affect your brain's healing process. Abstain from these substances until your doctor says you are healthy enough.

12

Seek advice when making important decisions.

The period following a TBI is not the best time to make decisions on important matters. If you must make decisions during your recovery, consult with trusted relatives, friends or counselors.



13

Avoid "triggers."

Any outside stimulus that makes your symptoms worse may be considered a trigger. Examples include loud noises and bright lights. First, understand what your triggers are, and then try to avoid them. If you cannot avoid them completely, take steps to minimize them by, for example, wearing dark glasses in brightly lit areas.

14

Talk to a lawyer to see if someone should be held liable for your injury.

The physical, emotional and financial cost of a traumatic brain injury can be truly staggering. Many TBI victims face a lifetime of medical bills, lost wages, limitations and reduced quality of life. If the accident that caused your TBI was due to someone else's carelessness, you may be entitled to significant compensation to help offset your losses.

Consulting with a qualified TBI lawyer is the best way to find out your legal options for seeking financial compensation.

With 100 years of experience, the personal injury attorneys at the Law Office of Cohen & Jaffe, LLP, are ready to thoroughly investigate your accident to determine the true cause of the traumatic brain injury that has affected your life - and who may be held responsible for it. We frequently confer with medical and financial experts to calculate the full extent of an injury victim's losses, including medical expenses, lost wages, rehabilitation costs, pain and suffering, and more. We are then prepared to build a solid case for maximum recovery.



Call us now at **516-358-6900** for a free, no obligation evaluation of your case and advice about your legal options.



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