

Emotional Recovery

After the injury, you may feel tired and irritable. It takes time to heal. Use this time for rest and quiet-activities. Please know you have access to the Trauma Survivor's Network (TSN) where there are free resources available for you to access.

Trauma Survivors Network (TSN)



TSN is a program of the American Trauma Society (ATS). It is a community of patients and families who have experienced trauma and are looking to connect with one another to rebuild their lives after a life-altering injury. Joining this community can help ease the anxiety and frustration following a sudden injury and the resulting hospitalization.

Becoming part of the TSN is easy to do and is FREE. Please visit the [website](#) below and register an account to take advantage of the many resources available to navigate you through this time.

Some of the benefits of joining the TSN include:

- Connecting with others in similar situations and sharing your experiences
- Learning about injuries and their treatment from trauma experts
- Discovering how to meet the challenges of everyday life after injury
- Giving hope and inspiration to others

Please visit the link below to learn more about the full line of TSN services and resources

https://www.traumasurvivorsnetwork.org/trauma_centers/155

Follow-up

A referral was also placed to the Concussion Clinic -- follow up is recommended with this service to help with injury as well as assess for return to work/school.

Nutrition

You may not feel like eating a regular diet right away, but a balanced diet and fluid intake is important.

Activity Restrictions After Concussion Injury

Plan quiet-activities for the first several days at home.

Do not participate in rough activity, contact sports, or high risk activities (hiking, biking, climbing, etc.) until you have been cleared by the trauma surgeon and concussion clinic.

Returning to Work or School

You will be evaluated for your ability to return to work/school at your outpatient visit and also at the concussion clinic. The trauma program will assist with your return to work if needed.

Incidental Findings

Please be aware of incidental findings that may have been found on your imaging/lab work as you were worked up for your traumatic injuries

It is recommended that you follow up with your Primary Care Physician for follow up of these findings and any additional work-up or surveillance that may be needed

Please also refer to you MyLVHN account for any additional information