



DISCHARGE INSTRUCTIONS FOR TRAUMATIC BRAIN INJURY PATIENTS

You need to follow certain exercises and instructions in order to improve the alertness and functional independence.



Exercises

- Perform chest physiotherapy and suctioning every 4 hours to maintain chest health
- Perform passive exercises/active assisted exercises/strengthening exercises of the limbs with the help of attendant as taught by the therapist, 10-15 repetitions 4 times a day
- Perform weight shifting exercises in standing
- Try sitting or standing with support in order to improve trunk balance
- Make the patient walk with support 3 to 4 times a day
- Practice getting out of the bed at least twice daily



General instructions

- Listen to music and watch television to improve alertness
- Play video games or observe others playing video games to give visual input
- Family members should be involved in improving the alertness of the patient
- Lie down on either side to avoid pressure sores
- Position should be changed in every 2 hours
- Take your medication as directed
- Get adequate rest and sleep
- Follow the sterile technique as suggested to you

Follow-up with the Neuro Rehab Out Patient Department after one month.



When to contact your doctor

Call your doctor if you experience:

- Fever more than 101.4°, or chills
- Breathlessness or dyspnea
- Seizure
- Vomiting
- Extreme drowsiness