

Care After Spinal or Epidural Anesthesia

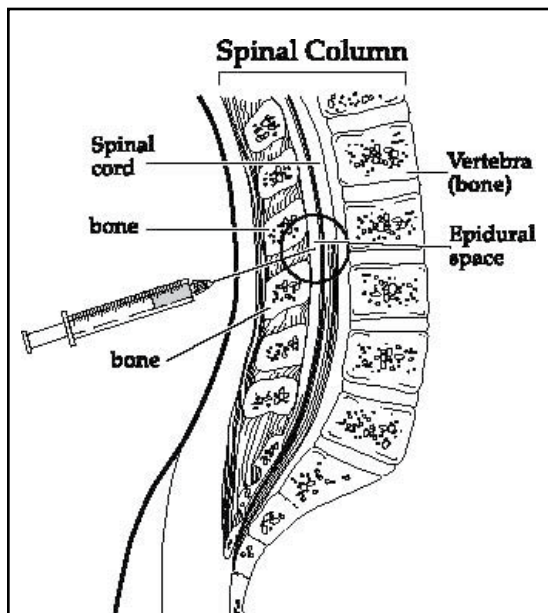
Spinal or Epidural Anesthesia

Spinal or epidural anesthesia is often used for surgeries of the lower body and legs.

The anesthesiologist injects medicine near the nerves in your back. This lets your surgeon perform the surgery while the lower half of your body is temporarily numb. Sedation to relax you is often given through your intravenous (IV) line.

Your anesthesia team includes the anesthesiologist (doctor of anesthesia) and certified registered nurse anesthetist.

When the effect of the medicine wears off, the part of your body which was numb will return to normal.



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You received the injection in your spine. Complete recovery may take four to eight hours.

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You may be tender in your lower back where the injection was given.

Please read the instructions you received when you left the hospital.

Diet

- Drink small amounts of clear liquids, such as water, soda or apple juice.
- Today, avoid foods that are sweet, spicy or hard to digest.
- Eat more foods as your body can tolerate.
- If you feel nauseated, do not eat or drink anything for 1 hour and then try drinking clear liquids.

Activity

- You will be transferred from a cart to a recliner after the feeling and strength return to your legs.
- Before you leave the hospital, you should be able to stand and walk a few steps.
- You have received medicine (anesthesia, sedation or both) that made you sleepy. This will affect your ability to think clearly and make good decisions.
- For your safety, you will need a responsible adult to drive you home and to stay with you for 24 hours.

(over)

- For 24 hours:
 - Do not drive or use any machinery.
 - Do not make important decisions.
 - Do not drink alcohol. (It is also important to not drink alcohol as long as you are taking prescription pain medicine.)
- It is common to feel lightheaded and dizzy for the first 12 hours after your procedure. Change positions slowly from lying to sitting or standing.

Discomfort/Medicines

- Take your prescribed medicines as directed by your doctor.

When To Call Your Doctor

Call your doctor if you have:

- unusual drainage or swelling at the injection site
- a headache that lasts longer than 24 hours
- any new numbness, tingling, weakness, changes in bladder or bowel function
- new back pain.

Whom To Call With Questions

If you have any questions or concerns, call your health care provider or the hospital Anesthesia Department.

Your Surgery Information

Date: _____

Location: _____

Time: _____ a.m. / p.m.

Estimated time you will arrive in recovery phase 1: _____.

Estimated time you will arrive in recovery phase 2: _____.

To talk to the doctor, please have your family return 30 minutes before the estimated arrival time in phase 2.

If you are alone, please arrange for the person who is driving you home to arrive at the estimated arrival time in phase 2.

Estimated time you will leave the hospital:
_____.

The above times are not exact. If you have to wait longer than 30 minutes, please ask at the desk.