

# Post Spinal Anaesthetic Patient Information and discharge instructions

## Introduction

You are receiving this information as you have been given a spinal injection as part of your anaesthetic and pain management following surgery. Normal sensation and movement should return within a few hours of surgery.

## Ward Assessment after surgery

The ward nursing team will regularly observe you after return from theatre. This includes specific observations relating to the spinal injection, side effects and complications. As the feeling in your legs returns, you may experience some tingling in the skin. It is important to remember that some operations can cause altered sensation in the legs therefore any changes experienced may be as a result of the surgery and not the spinal. If your altered sensation lasts for more than 4 hours then the nursing team will request the anaesthetic team to review you.

**N.B. Please ask for help when you first get off your bed.**

You can normally eat and drink on your return to the ward following your operation. You will have a simple sticking plaster over the site of the injection.

As the sensation in your legs returns you may feel the need for some pain relief such as paracetamol and/or ibuprofen and if required the nursing staff will offer any prescribed opioids such as codeine or oral morphine.

Spinal anaesthesia does not cause backache but your skin may be a little tender where the injection was put in for a day or two.

## Signs and Symptoms to look out for once discharged

- Redness, pus, tenderness or pain at the spinal injection site.
- Feeling generally unwell despite the fact that all seems to be well with the surgical wound
- High temperature, neck stiffness, headaches
- A more persistent severe headache can develop 24 hours after the spinal, called a post-dural headache; it becomes worse on standing and relieved by lying down.
- Numbness and/or weakness in your legs/inability to bear weight
- Difficulty in passing water/incontinent of faeces.

If symptoms are noted and you have been discharged, it is important that you contact the hospital.

## How to contact us:-

9-5pm - Day Case unit/Sanderson Suite - 01744 646098

Out of these hours phone - Whiston Hospital Emergency department

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## Day case Surgery take home pain relief

You will be given take home one or more of the pain relief listed below along with instructions.

	Pain relief next due at:-
Paracetamol (4 -6hourly) -	
Ibuprofen or Diclofenac (take with food) (6 – 8 hourly)	
Codeine or Tramadol (6 – 8 hourly)	
Oral Morphine (4-6 hourly)	