



Spinal Anesthesia

This handout explains what to expect at home after spinal anesthesia. This type of anesthesia is given through a small needle placed into the lower back. Your back may feel sore. This should get better over the next few days. Ask your surgeon what you can take to help the pain.

You may feel a little sleepy for the next 12-24 hours. This is from the medicines you receive during and after surgery. Rest and relax for the next 12-24 hours.

For the next 24 Hours:

- If your systolic* blood pressure is less than 110 do not take your blood pressure medication (**systolic is the top number*).
- Light activity.
- Do not drive.
- Do not use machinery or power tools.
- Do not drink alcohol.

Have an adult stay with you for the rest of today and overnight. You should not walk alone for the first 24 hours.

Follow your doctor's advice about activity.

Be careful when you sit or stand up.

You may become dizzy if you sit or stand too quickly. This could cause a decrease in your heart rate and/or blood pressure resulting in nausea, vomiting, dizziness, and even fainting.

If you feel any of these symptoms, lie down with your feet elevated until the symptoms pass.

When to call your surgeon:

- Frequent vomiting after getting settled at home (more than twice).
- Trouble urinating, or inability to urinate 6-8 hours after discharge.
- You have a bad headache that is worse when you sit up and better when you lie flat.
- New weakness or numbness.
- Episodes of fainting, dizziness, or a fall.

A nurse will call you tomorrow to check on you and answer any questions you may have.

Anything of urgency requires a call to your surgeon's office:

Dr. _____

Tel # _____