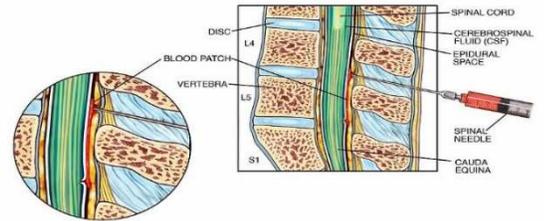




## BLOOD PATCH DISCHARGE EDUCATION

### Information:

An epidural blood patch is an injection of your blood into the epidural space. The epidural space is not the spinal cord itself. The spinal cord and spinal nerves are in a “sack” containing clear fluid (cerebrospinal fluid). The area outside this “sack” is called the epidural space.



### What should I expect after the Epidural blood patch?

- Immediately after the injection you may feel pressure in the back. This is because of the blood in the epidural space. After resting for 30 minutes you will be asked to stand up. Typically, most patients experience significant relief immediately. After a few hours your body will have had a chance to replenish the lost spinal fluid and your headache should continue to get better.
- We advise patients to take it easy for a day or so after the procedure.
- Patients should not go back to work the same day. By the next day, most patients will be able to return to work, but you might need an extra day to recover.

### Bathing & Wound Care:

- It is okay to shower 24 hours after the procedure. Gently wash the site with soap and water, do not scrub. Do not bathe or soak in water for 3 days following the procedure.
- If you are sore where the needle was inserted, put ice or a cold pack on your back for 10 to 20 minutes at a time. Try to do this every 1 to 2 hours for the next 3 days (when you are awake) or until the swelling goes down. Put a thin cloth between the ice and your skin.

### Follow-up visit information:

Call your primary doctor after discharge for a follow-up appointment if you don't already have one. Follow up with Interventional Radiology is not routinely necessary.

### Occasionally, a situation will require prompt attention and an emergency room visit is necessary:

- Your treatment site starts bleeding and will not stop after 10 minutes of firm pressure
- You have shaking chills or a temperature over 102°F
- Sudden shortness of breath
- Severe, worsening abdominal pain
- Weakness or numbness in your legs
- Bladder problems
- Severe stiff neck, problems thinking clearly

### If you received Conscious Sedation (IV sedation) or General Anesthesia and are discharged the same-day:

- You must have someone drive you home when you leave the hospital.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes making important decisions, operating machinery, signing important papers, etc.
- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.
- **Sore throat or mild “hang over” type feeling for a day or two from the general anesthesia. This may include mild nausea.**

- If you are taking pain medications:
  - Take as directed
  - Do not drink alcohol while taking narcotic pain medication
  - Do not drive
  - If you are constipated, drink more fluids and eat more fiber. You can also use an over-the-counter stool softener.

**For any questions please contact Oregon Interventional Radiology Clinic at 541-618-5801**

**In all emergency situations call 911**