Spinal Anesthesia, After Care

HOME CARE INSTRUCTIONS AFTER ANESTHESIA

- Do not drive or operate machinery for at least 24 hours after receiving anesthesia. Make sure someone is available to drive you home.
- Do not drink alcohol for at least 24 hours after receiving anesthesia.
- Do not make important decisions for 24 hours after having spinal or epidural anesthesia. Your thinking may be unclear.
- Have someone stay with you for at least 24 to 48 hours following surgery.
- Drink lots of fluids when you get home. If you are an adult, drink eight, 8 ounce glasses of water per day, or as directed.
- Keep your post-operative appointments as suggested.

SEEK IMMEDIATE MEDICAL ATTENTION IF YOU DEVELOP:

- A fever or any temperature over 100.4º F (38º C).
- Persistent or severe headache.
- Blurred or double vision.
- Dizziness, fainting or lightheadedness.
- Weakness, numbness, or tingling in your arms or legs.
- Skin rash.
- Difficulty breathing.
- Keep your post-operative appointments as suggested.
- Persistent nausea & vomiting.
- Inability to pass urine.

Document Released: 03/09/2005 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.