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DISCHARGE INFORMATION FOR DAY SURGERY PATIENTS

SPINAL ANAESTHESIA

Your spinal anaesthetic should have worn off completely before you are able to go home. You should take medications as prescribed for discomfort from your operation.

Some temporary back discomfort is common after spinal anaesthesia. Although modern spinal needles are fine bore there is some unavoidable bruising to the skin and ligaments. This discomfort is generally mild and settles within a few days.

Headache is also a potential side effect of spinal anaesthesia. If you experience headache you should rest, use analgesics and drink plenty of fluids. If the headache is severe, if you have double vision or if it persists longer than 2 days you should contact the hospital.

Sometimes you may experience a mild tingling or "electric shock" like sensation in your legs after spinal anaesthesia has worn off. This may last a few days.

Should you have increasing discomfort, difficulty passing urine or numbness, tingling or weakness of your lower limbs you should contact the hospital.