Epidural Blood Patch

Instructions for Patients Going Home

Epidural Blood Patch

- Is a procedure that removes a small amount of blood from your arm and is injected into the epidural space (spinal cord).
- This procedure is performed on patients who have a leak of cerebrospinal fluid into the outer membrane of the spinal cord. This leak of cerebrospinal fluid can cause headaches that usually happen when standing and disappear when lying down. The leak can occur spontaneously or on its own or by a needle puncture into the spine.
- If the leak has occurred because of a spinal puncture, the headache will disappear within the first half hour after the procedure.
- If the leak occurred on its own (spontaneous intracranial hypotension), it usually takes days to weeks to improve.

What you can eat and drink after your operation?
You can go back to eating and drinking what you normally would right away.

What activities you can do after this procedure?
- Go home and rest today
- Return to your regular everyday activities after 24 hours.
- No heavy lifting, strenuous activities or sports for the first 24 hours.
- Avoid straining when going to the bathroom for the first 24 hours.
- Return to work as instructed by the doctor.
How to take care of your bandage (dressing) & wound:
• Leave the bandage in place for 24 hours. Then remove the bandage.
• Keep the puncture site clean.

When to take showers
• You can begin to take showers 24 hours after the procedure.
• Do not take baths for the first 24 hours.

How to cope with your pain
• You may experience slight headaches; take Tylenol Extra Strength, 2 tablets when needed.
• The headaches should get better with time.
• Your headaches may disappear half an hour after the procedure and you will not require any medications.

Problems to watch for
Call (416) 340-3155 and ask to speak to the Anesthetist on call if you have:
• Headaches that are relieved with medications
• Severe pain in one or both legs
• Excessive bleeding.
• A fever greater than 38°C/100°F.
Your Follow Up Appointment

You must have a follow up appointment with your surgeon. Call your surgeon’s office to make an appointment if one is not made for you.

Doctor: ________________________________________________
Date: ______________________ Time: _______________
Location: _____________________________________________
Phone #: _____________________________________________

Special Instructions for you:

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