



Information for patients

Discharge information about Spinal Anaesthetic and Epidural Analgesia

Following the birth of your baby

Introduction

This leaflet outlines important signs and symptoms to look out for following your discharge, as you have had an epidural or spinal at the time of your baby's birth.

Before going home it is likely that you will have been seen by a member of the anaesthetic team. This is to check that you have no problems relating to your spinal or epidural.

Following childbirth It is not uncommon to experience the following even if you have not had an epidural or spinal:

- Altered sensations such as patches of numbness in your legs
- Back pain
- Mild headache
- Feeling generally unwell despite an otherwise good postnatal recovery from the birth.

You may wish to discuss your symptoms with the maternity team who can be contacted on 01772 524495.

Please be aware of the following important signs and symptoms:

- Redness, pus, tenderness or pain at the spinal or epidural wound site.
- High temperature, neck stiffness,
- Severe headache
- Numbness and /or weakness in your legs/inability to weight bear.
- Difficulty passing water / inability to control your bowel movements.
- Severe headache that is worse when you are standing and less intense when you lie down
- Headache associated with ringing in ears, hearing change, deafness, or photophobia (unable to tolerate light).

Contact maternity triage on 01772 524495 immediately if you experience any of the above.

You may need to return to the Sharoe Green Unit for assessment. Please remember to bring your purple hand held notes with you if this is the case.

Notes:

Sources of further information

<https://www.lancsteachinghospitals.nhs.uk/maternity-leaflets>

<https://www.nhs.uk/>

<https://patient.info/>

http://www.labourpains.com/Information_Leaflets

Maternity Anaesthetist: 01772 524563 - answerphone

Maternity Triage: 01772 524495

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Department: Anaesthetics and Maternity

Division: Surgery

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