

# RADIOLOGY: DISCHARGE INSTRUCTIONS EPIDURAL BLOOD PATCH

## After your injection(s) today:

- Do not drive or operate machinery for 24 hours
- Continue bed rest (lying down) at home, as much as possible, for 24 hours
- Do not engage in any strenuous activity or heavy lifting for 3 days
- For the first 24 hours after the procedure, move slowly. Avoid quick or sudden position changes/movements
- Resume your regular diet
- Drink plenty of fluids
- Take your usual medications as prescribed
- You may remove any band-aids tomorrow
- Do not take a bath until puncture site heals over; you may shower tomorrow

You may experience some discomfort or pressure in your low back area. You may use ice to decrease discomfort and inflammation at the injection site for 24–48 hours after the procedure.

If you develop any of the following, please call (828) 452–8156, (828) 452–8153, or go to the nearest emergency room and tell them you just had an Epidural Blood Patch:

- Increased level of discomfort
- Drainage or increased pain at the injection site(s)
- Fever of 101 F or greater that does not resolve with medication
- Severe pain at the injection site with redness or swelling
- Severe headache

If you have any questions or concerns, please call to speak with the Radiology Nurse or Radiologist at 828 452–8156

Patient Signature \_\_\_\_\_ Date/Time \_\_\_\_\_

Guardian or Significant Other \_\_\_\_\_

Witness \_\_\_\_\_

**MEDWEST HAYWOOD  
DISCHARGE INSTRUCTIONS:  
EPIDURAL BLOOD PATCH**



RAD087 (09/27/12)



DOB:

AGE: