

## Your important health information

# Advice after your epidural or spinal

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You have had an epidural and/or a spinal anaesthetic to manage your pain or help with your surgery. While problems can be serious they are very rare and can be treated if found early.

**Please phone us or come to the Emergency Department if you feel any of the following:**

- Pain, heat, swelling or ooze at the spot you received the epidural or spinal. It may stay the same or get worse and may or may not travel to the buttocks.
- Weakness, numbness or pins and needles in the legs or buttocks.
- High temperature for unknown reason.
- Loss of bladder or bowel control.

**And/or if you experience a headache that:**

- starts about two days after the epidural or spinal and is there all the time
- does not go away when you take mild pain relief, fluids and rest
- gets worse when you sit or stand up and feels better when you lie down
- can come with neck stiffness or hearing changes such as ringing or blocked ears.

**If you have any of the above please call us on**

### **Mercy Hospital for Women, Heidelberg**

Phone: 03 8458 4444.

Ask for the Emergency Anaesthetic  
Doctor on extension 4118.

They are available 24 hours a day.

### **Werribee Mercy Hospital**

Please call

Phone: 03 8754 6325

24 hours a day 7 days a week

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