

## After a spinal anaesthetic

You have had a spinal anaesthetic, which means that local anaesthetic was injected into the fluid that surrounds your spine. This injection “froze” the nerves and allowed you to be pain-free throughout your surgery without having to be put to sleep. You will experience a numbness and weakness of your legs and lower body, and this will take 3 to 4 hours to wear off.

When you get home you should rest and try to lie down as much as possible for the remainder of the day. Tomorrow you can get up and be as active as you wish.

You may experience slight discomfort in the area of the injection and your skin may be itchy for a few hours.

If you develop a headache, take some painkillers such as paracetamol or ibuprofen and drink plenty of fluids (some people find caffeine-containing drinks like tea, coffee and cola especially helpful). Avoid straining and lifting and try to lie flat. If the headache is severe and stops you going about your usual activities, telephone the Day Surgery Unit on **020 7830 2665** (opening hours Monday to Friday 7 am - 8 pm; Saturday and Sunday, 8 am - 4pm). On weekends, please call the hospital switchboard on **020 7794 0500** and ask to speak to the on-call anaesthetic registrar, **bleep number 1707**.

We wish you a full and fast recovery from your operation. Please ask us any questions you may have.