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## **Information for patients who have had a Spinal Anaesthetic**

Day Surgery Unit  
Grantham & District Hospital  
Telephone: 01476 464408

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

You have had a 'spinal anaesthetic'. This means that a small dose of local anaesthetic was injected into the fluid around your spine to 'freeze' the nerves.

The effects of the injection are numbness and weakness affecting your legs and lower body. The effects take about 3 or 4 hours to wear off.

When you get home you should lie down for most of the rest of the day. You may get up and be as active as you wish tomorrow.

After you go home you may notice some side effects of the injection:

- Spinal anaesthesia does not normally cause backache but your back may be a little sore where the injection was put in.
- Your skin may feel rather itchy for a few hours.
- You may get a headache. If you do develop a headache you may take painkillers. This will often be all that is required.

Rarely, patients who have had a spinal anaesthetic develop a severe headache. If your headache is severe, stops you from going about your usual activities or is in any other way unusual, we would like to know about it.

If you get a bad headache, you can use the Day Surgery helpline number 01476 464408, Monday to Friday until 8.00pm. If you need to contact us after 8.00pm or over the weekend, you can telephone the hospital switchboard on 01476 565232 and ask to speak to the on-call Anaesthetist. Wishing you a full and fast recovery from your operation.

## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)