



# Epidural anaesthetic: aftercare advice

---

## Information for patients from Day Surgery

You have had an epidural injection as an anaesthetic. The following advice sheet explains how you may feel following your injection and when you can resume your normal activities.

### How will I feel after my injection?

Following your injection you may find that your legs and buttocks feel either weak or numb. This can last for up to 12 hours.

### When can I go home?

You will be allowed home after you are able to stand up and walk comfortably.

Sometimes you may not know when you want to go to the toilet. You will, therefore, be asked to go to the toilet before you leave the hospital. It is important that you visit the toilet regularly until feeling returns.

### When can I resume my normal activities?

Please rest for 24 hours following your injection. You may resume normal activities as soon as you are comfortable.

### When can I drive again?

This will depend on the surgery you have had; please ask a member of staff for advice. However, you should not drive for 48 hours, or longer, if the feeling in your legs has not returned completely.



## Will I have any side effects from having the injection?

- You may experience nausea (feeling sick) and vomiting; this can last for a few hours following your procedure.
- Your skin may be itchy; this should not last for more than two hours.
- You may feel cold for a few hours following your procedure; this is normal.
- Your blood pressure may drop, causing you to feel dizzy and light-headed; drinking plenty of fluids may help (non-alcoholic drinks only).
- Your back may hurt and there will be bruising at the injection site. If necessary, you can take paracetamol to help with the pain; follow the instructions on the pack.
- You may have difficulty passing urine for up to 12 hours; this is normal. Drink plenty of fluids and this will pass (non-alcoholic drinks only).

## What if I have any questions or concerns?

If you have any queries please do not hesitate to contact Day Surgery on the numbers below or your GP.

- Channel Day Surgery, **William Harvey Hospital**, Ashford  
Telephone: 01233 61 62 63 (24 hours a day, 7 days a week)
- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**  
Telephone: 01227 78 31 14 (7.30am to 8pm)  
Telephone: 07887 68 76 45 (8pm to 7.30am)
- Day Surgery Unit, **Queen Elizabeth the Queen Mother Hospital**, Margate  
Telephone: 01843 23 44 99 (7.30am to 8pm)  
Telephone: 07887 65 11 62 (8pm to 7.30am)

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Patients should not bring in large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhufft.nhs.uk/patientinformation](http://www.ekhufft.nhs.uk/patientinformation)