



Day Procedure Unit

Information for Day Case Patients Who Have Had a Spinal Anaesthetic

You have had a spinal anaesthetic. A small dose of local anaesthetic was injected into the fluid around your spine to “freeze” the nerves for a short period. The effects of this are numbness and weakness affecting your legs and lower body.

- These effects take 3-6 hours to wear off.
- When you get home you may walk round as normal.
- Tomorrow you may be as active as you wish.
- You may notice itchy skin for a few hours.

You may get a headache. If you do, take some painkillers and drink plenty of fluids. This will usually cure your headache.

If your headache does not get better and is bad enough to stop you carrying out your normal activities please contact the **Day Procedure Unit on 01603 289385 during the daytime (7.00 am – 7.00 pm)** or the **On Call Doctor** at the hospital using the contact number you have been given.

