



Epidural anaesthetic injection: aftercare advice

Information for patients from Day Surgery

You have had an epidural injection as an anaesthetic, as you were either:

- not suitable to have a general anaesthetic for your surgery, or
- you did not want to be put to sleep for your operation.

This leaflet explains how you may feel following your injection. It also advises you on when you can resume your normal activities.

We hope this leaflet answers some of the questions you may have. If you have any further questions or concerns, please speak to a member of your healthcare team.

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 can go home when you are able to stand up and walk comfortably.

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

When can I resume my normal activities?

This will depend on the surgery you have had. Please rest for at least 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, do not drive again for at least 48 hours, if the feeling in your legs has not returned completely.

Will I have any side effects from having the injection?

- You may feel sick and vomit; this can last for a few hours following your procedure.
- Your skin may be itchy; this should not last for more than 2 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. Do not drink alcohol during this time.
- Your back may hurt and there will be bruising at the injection site. If you need to, take paracetamol to help with your pain; follow the instructions on the pack.
- You may have difficulty passing urine for up to 12 hours following your injection; this is normal. Drink plenty of fluids and this will pass. Do not drink alcohol during this time.

What if I have any questions or concerns?

If you have any queries, please contact Day Surgery on the numbers below or your GP for advice.

- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 783114 (7am to 8pm)
- Day Surgery, **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Telephone: 01843 234499 (Monday to Friday 7am to 9pm)
Telephone: 07887 651162 (Monday to Friday 9pm to 7am) (Bank Holidays and weekends, 24 hours a day)
- Channel Day Surgery, **William Harvey Hospital**, Ashford
Telephone: 01233 616263 (24 hours a day, 7 days a week)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring 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 has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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