



Spinal anaesthetic for a day operation or procedure: aftercare advice

Information for patients from Day Surgery

You have had a spinal anaesthetic. This means that a small amount of spinal anaesthetic has been injected into the fluid around the base of your spine. This anaesthetic causes a temporary weakness and numbness, which affects your lower body and legs.

How long will it take to wear off?

The effects of this anaesthetic will usually wear off within three to four hours, but it can take longer.

When can I go home?

You will be allowed home after you are able to stand up and walk comfortably. You must also be able to pass urine before you leave hospital.

What should I do when I return home?

When you get home, you should lie down and rest for the rest of the day.

You can return to your normal activities the following day. However, we advise you not to drive or operate any machinery for at least 48 hours after your procedure.

How long do I need to leave the plaster on?

Leave the plaster on for 24 hours, then remove it.

Will I have any side effects from having the anaesthetic?

- Your skin may be itchy; this should not last for more than two hours.

- It may feel sore around the area on your back where the injection was given. This should not last for more than 24 hours. If the soreness continues, check to see if the area is red. If it is, this could mean that you have an infection and you need to contact your GP.
- You may get a headache. Take your usual painkillers, such as paracetamol or ibuprofen, and drink plenty of water.

What if I have any questions or concerns?

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

- Channel Day Surgery, **William Harvey Hospital**, Ashford
Telephone: 01233 616263 (24 hours a day, 7 days a week)
- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 783114 (7:30am to 8pm)
Telephone: 07887 687645 (8pm to 7:30am)
- Day Surgery, **Queen Elizabeth the Queen Mother Hospital**, Margate
Telephone: 01843 234499 (7:30am to 8pm)
Telephone: 07887651162 (8pm to 7:30am)

This leaflet has been produced with and for patients.

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 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (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 leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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