



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.

- 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>).

Reference number: Web 508

First published:
November 2020

Last reviewed:
April 2025

Next review date:
May 2026

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