

## After Your Blood Patch:

- Lie down for 2-3 hours after blood patch
- Rest! No work/school for 3 days (Discuss with provider if needed)
- Prevent constipation – drink lots of water
- Eat, get up, and go to the bathroom
- Walk around as needed
- Wear abdominal binder as needed (no prescription needed)

## For at least 2 weeks:

- Only gentle exercise
- No lifting over 10 lbs
- Avoid strenuous exertion, sexual activity, or exercise
- Avoid coughing if possible
- Avoid caffeine and salt

## For at least 3 months:

- Avoid strenuous exertion or exercise
- Avoid bumpy rides
- Limit caffeine
- Don't “**BLT**” – Bend, Lift or Twist!



## Symptoms to watch out for:

- Severe low back pain
- Leg weakness
- Incontinence (accidents with urine or bowel)
- Increase or change in headache

If you experience any of these symptoms, please call our nurse, Lydia at **(602) 406-5418**

## For back pain:

- Tylenol 500 mg or Ibuprofen 400-600 mg 2x/day as needed for max 2 weeks
- Alternate ice and heat
- Switch positions and sides you lie on frequently

## Symptoms of Rebound High Pressure:

- Different or worse headache
- Worse laying down
- New nausea and vomiting
- New ringing in ears
- New blurry or double vision
- Your brain is used to being in low pressure. After the blood patch, it might raise the pressure in your head. Medicine helps to lower the pressure.

## IF YOU DEVELOP ANY OF THESE:

1. Start acetazolamide as instructed by your provider.
2. Call our nurse, Lydia at **(602) 406-5418** or reach out to your provider directly on the patient portal.

