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.