Going home after having an Epidural/Spinal

the women's
the royal women's hospital
victoria australia

Although it is extremely rare, it is still possible to have complications after having a regional anaesthesia. Severe problems can generally be avoided when detected early. If you have any of the symptoms mentioned below you should contact the hospital as soon as possible.

The telephone numbers are listed below.

Problems are likely to be detected while you are in hospital but very rarely symptoms can appear up to six weeks later.

Headache

Contact the hospital if your headache:

- limits your ability to look after yourself
- does not go away after you have rested, taken fluids or mild pain relievers, such as paracetemol
- gets worse while you are sitting or standing but feels better while you are lying down
- comes with other symptoms like neck stiffness or hearing changes (such as ringing or a blocked sensation) or problems with your eyes.

Backache

Contact the hospital if you have pain in your back where you had the epidural or spinal injection, especially if the pain is:

- new or getting worse – (for example if the pain travels up the spine or down into the buttocks and legs)
- due to inflammation – (it might feel hot or the area will be red, sometimes it will ooze or weep)
- accompanied by fever or chills.

Changed sensation in your lower body

Contact the hospital if you feel any changes in your buttocks or legs such as:

- weakness
- numbness
- pins and needles.

Contact Telephone Numbers

Acute Pain Service at the Women's
Monday to Friday 8am to 4pm
Telephone (03) 8345 2389

If the number is unattended leave a message on our voicemail. If your call has not been answered within 4 hours please call the after hours number below.

After Hours
(03) 8345 2000 and ask to speak to the on-call Anaesthetic Registrar.