



## FLUOROSCOPY GUIDED LUMBAR PUNCTURE AFTERCARE

### Puncture Site and Pain Relief:

- Once the bleeding and any drainage has stopped a band aid will be put on the puncture site. Keep the band aid clean and dry for 24 hours. If it becomes soiled prior to 24 hours, you may replace it. After 24 hours, you may remove it and take a full shower. Do not swim or soak the area in the bathtub for 2 days.
- You may have a minor headache, some discomfort or bruising at the injection site. The site discomfort may last for several days. The bruising may last for a week or more. You may also experience pain, numbness or tingling in your legs or lower back. This is only temporary.
- You may take acetaminophen (Tylenol) or ibuprofen as directed for headache and injection site discomfort. A cool pack or heating pad may also decrease injection site discomfort.

### Activity and Diet:

- **Once you are home, you will want to lay down as flat as possible for 4-6 hours to minimize the chance for a spinal headache. For the remainder of the day, quiet activities are recommended.**
- **You may resume your normal daily activities the day after the procedure.**
- **Do NOT perform any strenuous activities for a least 24-48 hours including strenuous exercise, house cleaning, and yard work.**
- **You should drink plenty of fluids, including caffeinated beverages, and eat salty foods like potato chips to decrease the chance of developing a spinal headache.**
- If you develop a headache or your headache worsens after starting activity, you should return to resting by lying flat and increase your fluid and caffeine intake (unless your provider has instructed you to avoid caffeine). Post-procedure headaches can last from a few hours to more than a week and may be accompanied by nausea, vomiting, and/or dizziness. These symptoms usually improve after lying down and resting.
- Avoid any heavy lifting, twisting, bending, or strenuous exercise for one week after the procedure to allow the puncture site to heal.
- You may resume your regular diet, regular medications, and drink plenty of water unless you have been given other instructions.

### When to Call or Be Seen:

- Contact your provider if you have any questions, concerns or if you experience any of the following:
  - Severe headache lasting more than three days and does not improve after taking pain reliever, laying down, resting and increasing fluid/caffeine intake.
  - Stiff neck
  - nausea, vomiting and/or dizziness that does not improve after laying down and resting
  - Fever of 100.4°F or higher
  - If the puncture site has the following:
    - Signs of infection including redness, swelling, warmth to the touch or drainage.
    - Pain that does not improve with pain reliever
    - Bleeding that doesn't stop when pressure is applied
    - Lump that doesn't improve
  - Pain numbness or tingling in legs or lower back that doesn't go away
  - Inability to urinate
- If you experience any of the above, and your provider isn't available, you should be seen in Urgent Care. Urgent Care hours are Monday-Friday: 8 a.m.-8 p.m., Saturday: 8 a.m.-5 p.m. and Sunday: 11 a.m.-5 p.m. Please go to the Emergency Room if Urgent Care isn't available.