

# Epidural Pain Relief

## Patient Discharge Advice

As part of your pain management, you have had either an epidural and/or spinal anaesthesia.

While complications from these are very rare, they can be serious.

Over the **next few days**, up to 6 weeks, signs and symptoms to look out for include:



Severe headache, not relieved by Paracetamol, fluids or rest, which is associated with: fevers, nausea and/or vomiting or made worse by:

- Sitting or standing but gets better when lying down
- Sensitivity to light



New, unexplained pain in the back where the epidural or spinal was inserted, especially if there are signs of infection like redness, swelling, tenderness or fever



Changes in sensation or power in your legs (*tingling, numbness, weakness or difficulty walking*)



Changes in bladder or bowel control

If you have **ANY of these symptoms** or concerns,

**phone St George Hospital** on 9113-1111 and ask to speak to the [Duty Anaesthetist](#)

or present to your nearest Emergency Department.