

**HIGH DESERT REGIONAL HEALTH CENTER**  
**AMBULATORY SURGICAL CENTER**

**Instructions for patients with spinal anesthesia**

In addition to any other instructions you received about your surgery, it is important to follow these instructions:

1. Rest for 24 hours. You may get up to go to the bathroom, but do not stand for long periods of time and **DO NOT LIFT ANYTHING HEAVY**. After 24 hours resume normal activity.
2. While resting for the 24 hours, it is **very important** to drink a lot of fluids.
3. It is possible to get a headache after spinal anesthesia. If you notice a headache after you stand or sit up, lie down and drink a lot of fluids. Take a mild pain reliever (Ibuprofen or Tylenol) as needed.
4. If the headache comes back again when you stand or sit up or if you have double vision, call the Ambulatory Surgical Center Monday-Friday 6:00 A.M. until 6:00 P.M. After normal hours, on the weekends or on a holiday, report to High Desert Regional Health Center Urgent Care and tell them you had a spinal anesthetic. **You need to call only if your headache starts when you stand or sit up, and it goes away when you lie down.**
5. If you are not able to void but feel that your bladder is full, contact the Ambulatory Surgical Center.
6. Back pain, bowel or bladder incontinence, return of weakness or sensory loss in legs are all very rare occurrences. Contact the Ambulatory Surgical Center or report to High Desert Regional Health Center Urgent care immediately.