

## Guidelines after epidural anesthesia

### What is epidural anesthesia?

Epidural anesthesia is the continuous injection of a local anesthetic near the nerves that sense pain from the lower part of your body.

### What should I expect after epidural anesthesia?

After epidural anesthesia, the lower part of your body will be numb for several hours. The anesthesia will wear off slowly and your first sensations will be a tingling feeling in the area that was numb. When you have sufficient control over your legs and when you are able to pee you can leave the hospital.

### What should I be careful about after epidural anesthesia?

- Because parts of your lower body can still be numb, you won't know if you injure it. You should take care to protect that part of your body from being bumped, cut, burned etc.
- You should look at it frequently to make sure it isn't injured.
- You should also avoid lying on the numb area while you sleep.

***CAUTION: Do not operate any machinery or equipment until the epidural anesthesia wears off completely!***

### What complications should I watch for after epidural anesthesia?

The site of your body where the injection was given can be sore for a few days. This pain should go away with any over the counter pain medicine (Paracetamol, Diclofenac, Ibuprofen, etc.).

### When contacting the hospital?

If you experience any of the following changes, you should immediately contact the anaesthetist on duty at Amstelland Hospital, telephonenumber 020-755 7000.

- The sensation doesn't begin to return to the numb area after 24 hours.
- The area that was numb regained sensation but is becoming numb again.
- There is persistent pain in the area that was numb even several days after the epidural.
- Radiating pain
- Problems with urinating or having bowel movements
- Muscle power is getting less / motoric impairment

### Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).