

# If in doubt, wait it out!


## Things to try to avoid after an epidural blood patch aftercare

Produced in consultation with UK neurologists

### WHAT IS AN EBP?

An epidural blood patch (EBP) is a surgical procedure where a patient's own blood is injected into their epidural space in order to close one or more holes in the membrane around the spinal cord. The holes cause a leak of the cerebrospinal fluid (CSF)

#### 1. LIE FLAT

if possible lie flat for at least 24 hours with only short breaks to use the bathroom 

2

**AVOID STRAINING**  
for at least 6 weeks!



3

**AVOID BENDING, TWISTING OR STRETCHING**  
for at least 6 weeks!



**AVOID COUGHING OR SNEEZING**

if you must, don't cover your mouth or hold your nose

4

6


**AVOID CAFFEINE OR SALT**

caffeine and salt can increase CSF pressure, so may worsen any rebound intracranial hypertension, which could 'blow' a blood patch



8

**TRAVEL**

Where possible after a blood patch, avoid driving yourself home. Try to recline or lie down and avoid taking public transport 



7

**AVOID LIFTING**  
anything over 5lbs/2.5kg, for at least 6 weeks!



5

**AVOID ANTI INFLAMMATORIES**

some doctors recommend that you do not take anti-inflammatories for 7 days 



### REMINDER!

These are just a few of the precautions to take after an epidural blood patch. Please make sure that you always seek and follow professional advice from your doctor.