

After Your Epidural

You have had an epidural (medication in the space around your spine) for pain relief.

The epidural was inserted (put in): _____.

The epidural was taken out: _____.

For 30 days (1 month) after your epidural is taken out, there is a small risk that you may develop an infection. This is very rare.

What should I watch for after going home?

- › Bad back pain that is getting worse
- › Fever (over 38° C/100.4° F)
- › New numbness or weakness in your legs
- › New loss of control of your bladder or bowels (peeing or pooping)

If you have any of the above symptoms, please bring this paper with you and go to the nearest Emergency Department.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Acute Pain Services

Designed by: Nova Scotia Health Library Services

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.