



HEADACHE AFTER AN EPIDURAL OR SPINAL ANAESTHETIC

What is special about the headache?

Headaches can be common after having an epidural or spinal anaesthetic. You have a 1 in 100 chance of developing a 'post dural puncture' headache.

This typically occurs between one day and one week after having an epidural. It is usually a severe headache (felt at the front or back of your head) which gets better when lying down and worse on sitting or standing. Along with the headache you may experience neck pain, feel sick and experience a dislike of bright lights.

What can be done about the headache?

- Lying flat and taking simple pain relieving drugs (such as paracetamol and codeine) may help.
- You should drink plenty of fluids (some people find tea or coffee helpful)
- Avoid lifting and straining.
- A severe post dural puncture headache will often need to be treated by an 'epidural blood patch'.
- Should the headache persist contact your physician or nearest medical facility for further assistance

References
Royal College of Anaesthetists
<https://www.rcoa.ac.uk/system/files/PI-HESA-COL-2012.pdf>



AHMED AL-KADI
PRIVATE HOSPITAL
Excellence In Healthcare

486-490 King Cetshwayo Highway Mayville 4058
031 492 3400 | info@aakh.co.za
www.ahmedalkadi.com