

## INFORMATION FOR PATIENTS

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# Post-surgical epidural advice

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Epidural analgesia can provide excellent pain relief following surgery.

Complications can occur but are rare. These can be caused by bleeding or infection into the spine. Although rare, early intervention/treatment is vital to stop permanent damage so it's important to look for signs whilst the epidural is in and after it has been removed. Problems may occur days or weeks after removal.

Whilst in hospital, the epidural is monitored by the ward nurses and by the pain specialist nurses on a regular basis. This is to ensure effectiveness of the pain relief, but also any complications associated with it.

Your epidural was inserted on:

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Your epidural removal was on:

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### Once discharged

We recommend that if any of the following symptoms occur you should seek urgent medical advice via your GP and inform them that you have had an epidural post-surgery.

These are:

- Persistent/worsening redness/swelling at the site.
- Persistent fever (temperature/sweats/shakes).
- Any discharge from the epidural site.
- Altered sensation in legs/arms, such as numbness/tingling or weakness/inability to bear weight.
- Difficulty in passing urine/incontinence of faeces.
- Any intense headaches which worsen on sitting upright and ease on lying flat.
- Any neck stiffness.

Please also be aware of any potential pressure area damage (a sore area of skin that develops due to pressure on it and lack of movement), for example on heels or buttocks, and seek medical advice if any occur.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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