

# Lumbar Puncture Discharge Instructions

You received local anesthesia during your lumbar puncture. As the anesthesia wears off, you may feel some pain and discomfort from your procedure. The area where your procedure was performed may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

## Activity

- You may start taking tub baths and showers again 24 hours after your procedure.
- You need to rest in bed at home for 24 hours with your head elevated on at least one pillow, except to go to the bathroom or to eat meals.
- For 24 hours after your procedure:
  - Avoid strenuous physical activity and bending at the waist
  - Try not to cough, sneeze, strain, or make quick movements

## Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast, and yogurt.
- Drink extra fluids, at least 1 cup of fluid every other hour until bedtime.

## Medications

- You can take your normal prescription medicines as your doctor has instructed you to do.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

## Special Instructions

- You can remove the band aid from your procedure site 24 hours after your procedure.
- You will get test results from the doctor who ordered your radiology procedure 3 - 5 business days after your procedure.
- You will receive follow up care from your doctor who ordered your procedure.

## If you experience any of the following...

- Shortness of breath
- Chest pains
- Loss of consciousness

**Call 911**

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**Call Winchester Radiologists at 540.686.1600 between 7:30 am and 5:00 pm, Monday through Friday, if you have any of the following symptoms:**

- Fever (greater than 100.6° F)
- Continuous vomiting
- Severe headache or stiff neck
- Redness, swelling, red streaking or pain at IV site or procedure site.