

## After Your Baclofen Trial

### *What to expect and self-care*

*This handout explains what to expect after your baclofen trial. It includes important self-care instructions. Please call the Rehabilitation Medicine Clinic if you have any questions.*

Today you had a *lumbar puncture* to help manage your muscle spasms (*spasticity*). You were given a test dose of the drug baclofen. The drug was injected into your spinal canal.

Your procedure was done by an anesthesiologist, Dr. \_\_\_\_\_.

You were also assessed by a physical therapist and a rehabilitation specialist, Dr. \_\_\_\_\_.

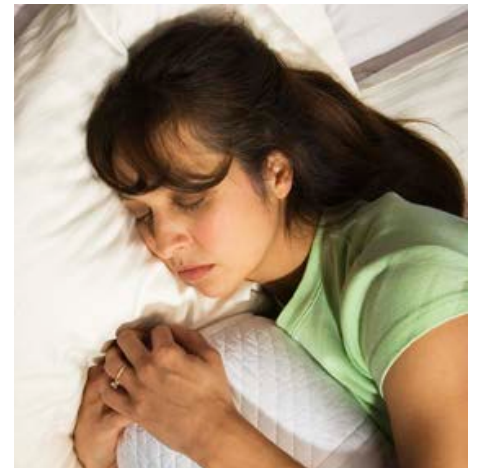
### Side Effects

After this trial, you may feel:

- Sore at the injection site.
- Weaker than usual. This should wear off within 8 hours.
- Sleepy.

You may also have a headache when you sit or stand, that feels better when you lie down. To help ease a headache:

- Rest in bed.
- Drink lots of water.
- Take a pain reliever such as acetaminophen (Tylenol), as needed.



*Rest in bed if you have a headache after the trial.*

### For Your Safety

For 24 hours after your baclofen injection, do **not**:

- Drive.
- Use machinery.

You may resume regular activities as you feel able. If the injection causes any weakness, limit your activity until your strength returns.

## Medicines

- When your strength and muscle tone return to normal, you can resume taking *antispasmodic* medicines such as baclofen or others.
- Unless your anesthesiologist or the doctor who prescribed your medicines tells you otherwise, you can resume taking any blood-thinning medicines such as warfarin (Coumadin) or clopidogrel (Plavix) the day after your baclofen injection.

## Injection Site Care

- You may remove the dressing (bandage) after 4 hours.
- You may shower after you remove your dressing. If the site gets wet, gently pat it dry.
- For 72 hours (3 days) after your baclofen injection, do **not** swim, take a bath, sit in a hot tub, or immerse the site in water.

## When to Call

For 7 days after your baclofen injection, call the Rehabilitation Medicine Clinic or go to the Emergency Department if you have:

- Fever higher than 100°F (37.8°C)
- Growing back pain, or new neck pain and stiffness
- New numbness or weakness in your legs
- Any unusual sleepiness
- Signs of infection at the injection site:
  - Swelling
  - Bleeding
  - Redness
  - Growing tenderness
- A headache that is not eased by acetaminophen (Tylenol) and bed rest

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays 8 a.m. to 4:30 p.m., call the Rehabilitation Medicine Clinic: 206.598.2376

After hours and on holidays and weekends, call 206.598.3300 and ask to page the Rehabilitation Medicine resident on call.

## Results

After your doctor checks your response to the drug, the Rehabilitation Medicine Clinic will call you with your results. If you are a patient in the hospital, your doctor may talk with you about your results at discharge.