

## After Your Lumbar Puncture

### *Important self-care instructions*

*This handout gives important self-care instructions to follow after your lumbar puncture.*

#### **For 24 Hours**

- The medicine that you were given to make you sleepy will stay in your body for several hours. It could affect your judgment. Because of this, until the day after your procedure, or for 24 hours:
  - Do not drive a car.
  - Do not use machinery or power tools.
  - Do not drink alcohol.
  - Do not take medicines such as tranquilizers or sleeping pills, unless your doctor prescribed them.
- We strongly advise you to do only light activities and get plenty of rest.
- Do not do any strenuous activities or lift anything that weighs more than 10 pounds. (A gallon of milk weighs 8 pounds.)
- You may shower as usual. You may want to cover the puncture site with a Band-Aid for 24 hours.
- It is normal to have some discomfort or a bruise at the puncture site for several days.



#### **When to Call**

Call one of the numbers listed on under “Who to Call” on page 2 if you have:

- Headache that lasts longer than 24 to 48 hours, or that gets worse when you are moving
- Fever higher than 101.5°F (38.6°C)
- Stiff neck, dizziness, or lightheadedness
- Trouble thinking clearly

## Who to Call

For any of the symptoms listed on page 1:

- Weekdays, call 206-744-9349.
- Weekends and holidays, call 206-744-3347 and ask for Neurosurgery.

## Follow-up Visit

Return to the \_\_\_\_\_ clinic to see

Dr. \_\_\_\_\_

on \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m.

### Questions?

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

HMC Neurosurgery:  
206-744-3347