

## Self-Care After Your Lumbar Puncture

### *What to do and what to expect*

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

### For 24 Hours

- Do **not** drink alcohol.
- Do only light activities and get plenty of rest.
- Do **not** lift anything that weighs more than 10 pounds. (A gallon of water weighs about 8 pounds.)
- You may shower as usual. You may want to cover the puncture site with a Band-Aid to keep it dry.

### What to Expect

- It is normal to have some discomfort or a bruise at the puncture site for several days after your lumbar puncture.

### When to Call

Call one of the numbers in the “Questions” box on this page if you:

- Have a headache that lasts longer than 24 to 48 hours, or that gets worse when you move
- Have a fever higher than 101.5°F (38.6°C)
- Have a stiff neck
- Feel dizzy or lightheaded
- Have trouble thinking clearly



*Call one of the numbers in the “Questions” box if you have any of the symptoms listed here.*

### Questions?

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

#### Who to Call

Weekdays from 8:30 a.m. to 5 pm., call 206-598-9467.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Neurology resident to be paged.

### Follow-up Care

Each person’s follow-up care is unique. Follow the instructions you were given by the health care provider who did your lumbar puncture.