

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.