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## Obstetric Patient Information Leaflet

### The Grange University Hospital

#### Who is this patient information leaflet for?

This patient information leaflet is for all obstetric patients who have had an anaesthetic procedure

#### What should I expect if I have had a spinal or epidural anaesthetic?

- The feeling in your legs should start to return within about 6 hours
- Lower backache is very common after having a baby
- As the spinal/epidural wears off, you may experience more pain – regular painkillers and extra painkillers you can ask for have been prescribed to help with this

#### Are there any symptoms I should let someone know about?

##### Headache

- Headaches after giving birth are common, and usually improve with hydration, rest and analgesia such as paracetamol and ibuprofen
- Contact us if your headache is associated with any other symptom listed below:
  - Limits your ability to look after yourself or your baby
  - Does not go away after you have rested, drunk fluids and taken paracetamol
  - Gets worse while you are upright but feels better when you lie down
  - Comes with other symptoms like neck stiffness, hearing changes (such as ringing or a blocked sensation) or a dislike of bright lights

##### Back pain

- Low back pain is very common after having a baby

- Contact us if you have severe back pain near the site of your epidural or spinal injection
- Contact us if your backache is association with any other symptoms listed below:
  - The pain is getting worse or is not settling with paracetamol or ibuprofen
  - The pain travels up the spine or down into the buttocks and legs
  - Your back feels hot or the area is red or oozing
  - You have a fever and are feeling unwell
  - You lose control of your bladder or bowels

### Altered Sensation

- This is usually caused by pressure on nerves in your pelvis during labour or delivery and can cause an altered sensation in your buttocks or legs. By comparison, nerve damage caused by a spinal or epidural is very rare but causes similar sensations.
- Contact us if you have any changed sensation in the lower body such as:
  - Difficulty walking or weakness in the legs
  - Numbness
  - Pins and needles

### **Who should I contact?**

#### Still in hospital?

Please ask your midwife to contact the obstetric anaesthetist who will review you

#### Gone home?

Please phone 000000

### **References**

Labour Pains. Recovery from spinal or epidural.

[https://www.labourpains.com/assets/\\_managed/cms/files/New%20Leaflets/Recovery%20from%20spinal%20or%20epidural%20copy.pdf](https://www.labourpains.com/assets/_managed/cms/files/New%20Leaflets/Recovery%20from%20spinal%20or%20epidural%20copy.pdf)