



Lumbar Puncture (Spinal Tap) Discharge Instructions

What are my care instructions?

You received local anesthesia during your lumbar puncture. As the anesthesia wears off, you may feel some pain and discomfort from your procedure. The area where your procedure was performed may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

How will I care for myself at home?

Activity

- You may start taking tub baths and showers again 24 hours after your procedure.
- Avoid strenuous physical activity for 24 hours after your procedure.
- If you get a headache when standing up, laying down for a few more hours and/or caffeine can be helpful.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low fat foods like plain rice, toast and yogurt
- Drink extra fluids, at least 1 cup of fluid every other hour until bedtime.

Medications

- You can take your normal prescriptions medicines as your doctor has instructed you to do.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for the pain.

Special Instructions

- You can remove the band aid from your procedure site 24 hours after your procedure. If the band aid is soiled you may replace it.
- You will get test results and follow up care from the doctor who ordered your lumbar puncture. Test results may take up to 1-2 weeks after the procedure.

When should I call for help?

Call 911 anytime if you have any of the following signs and symptoms:

- shortness of breath
- chest pains
- loss of consciousness - (if you passed out or fainted)

Call 911 anytime you think you need emergency care.

Call the Neurology Call Center at 734-936-9010 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:

- Fever (greater than 100.6°F)
 - Continuous vomiting
 - Severe headache or stiff neck
 - Redness, swelling, red streaking or pain at the IV site or procedure site.
- After hours and on weekends and holidays you can call the Neurologist on call at 734-936-6727.

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Reviewers: Sandy Wilcock, BSN, RN, Kathy Bennett, BSN, RN, Andrew Ridder, MD

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