



Nashville Surgery Center
Post Anesthesia Discharge Instructions
Spinals and Epidurals

Pain Control:

Have your pain medication prescriptions filled on the day of surgery. Take them with the onset of pain; the pain medications take a little while before they start working so do not wait too long before you take them. Control of swelling and inflammation is very important in pain control so follow the surgeon's written instructions carefully.

Activity:

Avoid walking until the epidural or spinal has completely resolved. Use the crutches provided, as outlined by the surgeon, for ambulation. You may be given a knee immobilizer to provide extra support to your leg after surgery.

Mental Status:

The medications used during the surgery/procedure, even if you were not under general anesthesia, may not be eliminated by your body for at least 24 hours; therefore, you should not:

DRIVE A CAR, OPERATE MACHINERY OR POWER TOOLS
DRINK ANY ALCOHOLIC BEVERAGES
MAKE ANY IMPORTANT DECISIONS
ENGAGE IN SPORTING ACTIVITIES,
INCLUDING RIDING A BICYCLE, CLIMBING OR SWIMMING

A responsible adult must remain with you for the rest of the day and during the night for your protection and safety.

Diet:

You may eat today, but it is better to start with liquids, soup and crackers, and then advance to solid foods as tolerated. Increase fiber and liquids in your diet while you take pain medicine and take pain pills and anti-inflammatory pills with food.

Call your anesthesiologist if you notice:

Difficulty breathing
Inability to urinate for over 8 hours
Redness at injection site
Increasing low back pain or leg weakness
Headache

NSC Anesthesiologist Phone: 615-497-2870

Call your surgeon for poorly controlled pain (unless instructed otherwise), nausea and vomiting, or questions regarding surgery, the dressing, or the splint/cast.

On the day after surgery you will be contacted by a member of the staff from the Surgicenter and the Department of Anesthesiology separately to inquire about your well being. Your honest response will help us reevaluate our performance and assure the quality of our care. The Anesthesia and Nursing Team at the Nashville Surgery Center wish you a very smooth recovery.