

You have just had a **lumbar puncture** procedure, where a needle was inserted into the spinal canal to remove fluid to diagnose an abnormality.

#### ACTIVITY

1. Take it easy for 24 hours. Keep your head elevated on at least 1 hour.
2. Avoid strenuous physical activity and bending at the waist. Try not to cough, sneeze, strain, or make quick movements.
3. If you received sedation, do not drive a car or operate machinery for at least 24 hours.
4. You should have someone with you overnight the night after the procedure.

#### DIET

Resume your normal diet as tolerated.

#### WOUND CARE

1. Keep the bandage on the needle insertion site(s) for 24 hours.
2. Do not take a hot bath, hot tub or sauna for at least 48 hours or until each site has healed.
3. The site is covered with an adhesive bandage; replace when soiled or wet.
4. You can shower after 24 hours. This is a good time to remove the bandage and replace with a clean bandage.

IF PROBLEMS ARISE: Call your physician if you develop:

1. Bleeding or other discharge that saturates the dressing or there is an expanding lump where the needle was inserted.
2. Significantly increased pain where the procedure was done. Some mild pain is common.
3. New numbness, weakness, or loss of control of your bladder or bowels.
4. New redness, hotness, or pus discharge around the needle insertion site(s).
5. Severe headache or stiff neck. Moderate headaches are common after this procedure.
6. Fever as outlined below.

#### FOLLOWUP:

If you have ongoing concerns related to your condition, please follow up with your primary care physician or physician who requested you come for today's procedure.