

Regional (Spinal/Epidural) Anesthesia Outpatient Surgery

During your surgery, you had regional anesthesia that numbed part of your body for surgery.

Follow these instructions when you go home:

- **Do Not** drive for the next 24 hours.
- **Do Not** drink alcoholic beverages for the next 24 hours.
- **Do Not** make any important decisions for the next 24 hours.
- **Do** drink plenty of liquids over the next 24 hours.
- **Do** return to your normal diet slowly. Start with liquids and soft foods,
- **Do** have someone stay with you for the 24 hours after your surgery.
- **Do** rest at home for the first 24 hours after surgery.
- **If** you feel lightheaded when you stand up, take your time and move slowly.
- **If** you have a severe headache that lasts for more than four hours and does not go away after you take the oral pain medication ordered by your doctor, call the VA Medical Center at (612) 725-2000 and ask to speak to the Nurse Anesthetist on call.

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Specialty Care Patient Service Line

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