



## Guidelines Following Caudal Epidural Injection

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

**Aftercare** – Following the procedure you will be able to leave the hospital once you are mobile and the staff are happy you are ready to leave.

The small dressing can be removed after twelve hours.

Avoid unnecessary bending or straining of the neck and back and do not over exert yourself for two to three days post injection.

It may be around two weeks before the effects of the injection are apparent. If further rehabilitation is needed it is recommended that you undertake this while the injection is effective to gain maximum benefit. It is also recommended to build up your activity levels gradually.

If you experience; new and progressive leg weakness, numbness around your genitals and buttocks, loss of bladder or bowel control or severe and continuous abdominal and lower back pain please return immediately to the Emergency Department to be reviewed.

**Driving** - Following the procedure you are advised not to drive until the following morning. You may then drive as much as you did before, as you feel able.

**Follow Up** – - We will tell you about any follow up before you leave. If you need an outpatient appointment we will request one for you and the date and time will be sent to you by post. This may be an outpatient appointment or a telephone consultation.

**If you have any problems after you return home, please telephone**

**During standard working hours**



# Guidelines Following Caudal Epidural Injection

- Your General Practitioner (GP)
- or
- Day Surgery Unit on 01793 604148 (8am - 7pm Monday to Friday – excluding bank holidays)

## Out of normal working hours

- GP out of hours service
- or
- The Surgical Assessment Unit on 01793 604039 (after 7pm or at weekends and bank holidays)

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister  
Day Surgery Unit  
Great Western Hospital  
Marlborough Road  
Swindon  
SN3 6BB

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [patient.information@gwh.nhs.uk](mailto:patient.information@gwh.nhs.uk)**

### Document Control

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