

# ASCENSION ST VINCENTS / OPTIMAL IMAGING

## LUMBAR PUNCTURE / MYELOGRAM AFTERCARE INSTRUCTIONS

### **Who Performed Your Procedure:**

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### **Aftercare Instructions:**

- A bandage will be applied over the procedure site. You may remove the bandage 24 hours after your procedure. You may shower and allow water to flow over the site 24 hours after your procedure, however, do not submerge the site in water (bath, pool, hot tub or ocean) until the site has healed. Do not apply lotion/ointment to the site until it has healed unless instructed to do so.
- It is very important to lie for 6-8 hours after your procedure to decrease the risk of a cerebrospinal fluid (CSF) leak and headache after your procedure.
- Avoid strenuous physical activity for at least 24 hours then increase your activity level as tolerated.
- It is normal to experience discomfort / mild pain and bruising at the procedure site and a mild headache after your procedure. You may take acetaminophen (Tylenol) for the first 6-8 hours after your procedure. After 6-8 hours, you may switch to aspirin, ibuprofen (Motrin) or naproxen (Aleve) if acetaminophen is not adequately decreasing your pain. It is safe to take aspirin, ibuprofen or naproxen within 6-8 hours after your procedure, however you may experience more bruising if you do so.
- Contact Radiology or your ordering clinician if you have any concerns or experience any of the following after your procedure: continued bleeding; significant swelling; severe pain not responding to over-the-counter medications; signs of possible infection (significant redness or purulent drainage from the site, severe pain, fever or chills); headache that is worse when standing; new weakness, numbness or tingling in your arms or legs or difficulty with urinating or defecating.
- Weekdays 8 am to 5 pm call 308-8401 (Riverside), 296-3886 (Southside), 602-1360 (Clay), 691-1297 (St Johns) or Optimal Imaging (450-6960). Weekdays 5 pm to 10 pm or weekends 6 am to 10 pm call 308-8401. If outside of these hours, call the hospital operator at 308-7300 and ask to speak to the Interventional Radiologist on call.

### **How Do I Receive Procedure Results?**

- Many but not all lumbar puncture procedures procedure a CSF sample that is sent for laboratory analysis. Results can take several days to become available depending on what labs were ordered by your clinician. Please contact your clinician's office to obtain results and for follow-up instructions.