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### **Blood Patch Care Instructions**

#### **Immediate Recovery Period (Days 1-3)**

- Bed Rest: Remain on bed rest for the first 72hrs following the procedure You may get up briefly for meals and bathroom use.
- Positioning & Support:
  1. Use pillows or rolled towels to support the cervical spine and maintain a neutral neck position.
  2. Place pillows under the knees (if lying on your back) or between the knees (if lying on your side) to support the lumbar spine.
  3. Reposition frequently (every 1-2hrs) to minimize back pain and reduce pressure on the patch site.
- Hydration: Maintain good fluid intake to support healing
- Pain Management: Use acetaminophen as directed. Avoid NSAIDs (i.e. Ibuprofen) and steroids, as they may interfere with clot formation. Conservative therapies such as cold compresses or gently massage may help with localized discomfort.

#### **Activity Restrictions (Weeks 1-6)**

- Lifting: Do not lift more than a gallon of milk (~8 lbs) for six weeks.
- Exercise: Avoid vigorous physical activity, including running, jumping, or heavy resistance training.
- Movements to avoid:
  1. Bending, twisting, or straining
  2. Coughing or sneezing with your mouth/nose closed
  3. Straining during bowel movements (consider stool softeners if needed)

#### **Rebound Intracranial Hypertension (RIH)**

RIH can occur after successful sealing of a CSF leak due to a sudden increase in intracranial pressure.

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**Symptoms to watch for:**

- Headaches that are worse when lying down
- Nausea or vomiting
- Blurred or double vision
- New or worsening headache different from the original leak-related pain

**What to do:**

If you experience these symptoms, contact your provider immediately. You may need treatment with acetazolamide or other pressure-lowering medications.

**Other Important Instructions**

- Avoid soaking in baths, pools, or hot tubs for at least 3 days post-procedure.
- Showering is permitted after 24 hours; gently wash the site without scrubbing.
- Follow-up: Schedule a follow-up appointment with your provider to monitor recovery.
- Emergency symptoms: Seek immediate care if you experience:
  1. Fever over 100.4 F
  2. Numbness or tingling in legs
  3. Difficulty urinating
  4. Confusion or loss of consciousness
  5. Severe neck stiffness or worsening pain

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