An epidural blood patch (EBP) is a surgical procedure where a patient's own blood is injected into their epidural space in order to close one or more holes in the membrane around the spinal cord. The holes cause a leak of the cerebrospinal fluid (CSF).

**WHAT IS AN EBP?**
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**Things to try to avoid after an epidural blood patch**

1. **LIE FLAT**
   - if possible lie flat for at least 24 hours with only short breaks to use the bathroom

2. **AVOID STRAINING**
   - for at least 6 weeks!

3. **AVOID BENDING, TWISTING OR STRETCHING**
   - for at least 6 weeks!

4. **AVOID COUGHING OR SNEEZING**
   - if you must, don’t cover your mouth or hold your nose

5. **AVOID ANTI INFLAMMATORIES**
   - some doctors recommend that you do not take anti-inflammatories for 7 days

6. **AVOID CAFFEINE OR SALT**
   - caffeine and salt can increase CSF pressure, so may worsen any rebound intracranial hypertension, which could ‘blow’ a blood patch

7. **AVOID LIFTING**
   - anything over 5lbs/2.5kg, for at least 6 weeks!

8. **TRAVEL**
   - Where possible after a blood patch, avoid driving yourself home. Try to recline or lie down and avoid taking public transport

**REMINDER!**
These are just a few of the precautions to take after an epidural blood patch. Please make sure that you always seek and follow professional advice from your doctor.