

## Spinal Headache

You have what is called a “Spinal Headache” which is caused by leakage of the spinal fluid, which is complication with having an Epidural Injection& is potential reversible.

Here is what you need to do first:

1. Lay flat for the next 24-48 hours, only to get up to use the restroom and sit up to eat.
2. Drink LOTS of Caffeine like tea, coffee or sodas.
3. Take 500mg to 650mg Aspirin every 4-6 hours as long as headache is present.

**If your headache is still present after 72 hours; please call our office.**