Low Pressure Headaches and How to Deal with Them
There is always the possibility when having a lumbar puncture, of experiencing a low pressure headache. It's not unusual to suffer with a low pressure headache after a lumbar puncture.

**What Causes A Low Pressure Headache?**
A low pressure headache is the result of the CSF volume in your spine being reduced, either from a lumbar puncture or a leak. Being upright causes the intense headache because the meninges in your head are stretched. The meninges are the membranes covering the brain and spinal cord.

**What are the symptoms?**
There will be an intense headache that is worse when standing or sitting upright, and is often accompanied by neck pain, and vomiting. It can be unbearable and you may find them worrying and upsetting the first time you experience one.

They can start a few hours after an LP, the next day or even a few days later. Be aware of fever, any swelling or tenderness where you had the lumbar puncture, and for any leakage of clear fluid or blood. If you have any of these [call your doctor](#).

**What is the best way to deal with one?**
The best way to treat a low pressure headache is to lay flat and drink plenty of fluids. Having caffeine will help to raise the csf pressure. Taking pain relief will also help with the pain.

**What if the pain gets worse or doesn’t go away?**
If the pain gets worse or continues after 24 hours, or you have a temperature and leaking from the puncture site, contact your doctor immediately, who will be able to arrange for something more effective to treat it.

**Blood Patches**
The blood patch procedure consists of an injection at the lumbar puncture site, using a small quantity of your own blood. By introducing the blood this way, it will act as a patch in the hole of the outer membrane of the spinal cord that was created by the needle during the lumbar puncture. This is procedure is performed when symptoms worsen.