

Clinical features of post lumbar puncture headache

M. Bozhenko, N. Bozhenko

Neurology department, Danylo Halytsky Lviv National Medical University, Ukraine

Introduction: Post lumbar puncture headache is a headache that develops within five days after dural puncture and spontaneously disappears within 7 to 14 days. The average frequency of post-puncture headache is 0.1 - 36%. Materials and methods: The work is based on data from the retrospective analysis of patient's disease history. Results: 7 patients had post lumbar puncture headache. 71% - female, 29% - male. The average age is 25 years. According to the type of body structure - 71% asthenics, 29% - normostenics. Body weight was reduced in 43%. An indication for lumbar puncture in 5 patients was suspected of meningitis, in 1- diagnostic lumbar puncture (MS), in 1- spinal anesthesia. A concomitant diagnosis of migraine was detected in 57% of patients. In 3 patients, the pain arose on the second day after the puncture, in 4 on the third day. All patients had pain in the fronto-parietal region. It had pressure or pulsating character with bilateral localization, which sharply increased after changing the position of the body from the horizontal to the vertical, as well as the appearance of nausea. In 5 patients, irradiation of pain to neck was observed. 3 patients had rigidity of neck muscles, dizziness and vomiting; 3 patients had vestibulopathy and a positive symptom of Mandonesi . A positive Gutsch sign was observed in 7 patients. Reduced hearing loss was in 2 patients. Conclusion: Post lumbar puncture headache occurs more frequently in women, younger patients (20-30 years old), persons with asthenic body structure and tendency to weight loss, and patients suffering from migraine. A wide variety of prophylactic and therapeutic measures have been tried in researches. So far, the therapeutic epidural blood patch is the only treatment for which there is enough evidence to recommend its routine use for severe cases of post dural puncture headache.