

High-risk patients for Post Dural Puncture Headache (PDPH) after Spinal Anesthesia:

Key considerations & clinical nuances



Pregnant women

- High frequency of C-sections under spinal anaesthesia = repeated exposure
- High estrogen levels = increased vascular distension risk



Children

- Smaller anatomy = higher CSF leak risk
- Precise needle size/design choice is critical



Elderly patients

- Risk underestimated = higher risk of severe, chronic neurological complications
- Spinal deformities = needle placement challenging = increase spinal puncture attempt



Low BMI

- Reduced epidural fat pressure = diminished natural sealing of CSF leaks