

 **Shingles Vaccination Aftercare Leaflet**

The vaccination should be relatively straightforward however we understand that some of our patients may experience problems afterwards. Please see below for further information:

**Feeling dizzy or faint?**

If you feel dizzy/ faint after the injection, drink plenty of water and sit down for a while. If you can, arrange for someone to help you get home or back to work. Some people are prone to dizzy or fainting spells at the sight of the needle — if so, it is important to let the nurse know.

**Will it bruise?**

A small bruise or lump (haematoma) may develop after the injection. This does not require treatment. Some health conditions may increase the risk of bruising:

·  Medications such as Warfarin or Aspirin

·  Conditions such as a bleeding disorder or low platelets (thrombocytopenia)

·  Where it is difficult to locate the vein (e.g. Oedema—where the arm is swollen)

·  Elderly patients

If possible, avoid excessive movement of the arm such as lifting or carrying heavy parcels. Should you experience excessive bruising or prolonged bleeding, please continue to apply further firm pressure to the area. A few ice cubes wrapped in a towel may help reduce swelling and bruising.

**Will I bleed excessively?**

You might bleed at the site where injection is given. For a few hours after the test, try not to use that arm too much, keep it slightly elevated and avoid carrying or lifting anything heavy.

**What should I do if I have questions?**

If you have any further questions or concerns about this procedure, please ask to speak to a member of our nursing team.

Should any of the above get worse, please seek medical assistance via the practice or NHS 111.

**Useful Links**

NHS Website—shingles: <https://www.nhs.uk/conditions/shingles/>

NHS Website—fainting: <https://www.nhs.uk/conditions/fainting/>

NHS Website—bruising: <https://www.nhs.uk/common-health-questions/accidents-first-aid-and-treatments/what-are-bruises/>