

Sacroiliac Joint Fusion Surgery Post Op Instructions

1. You may resume taking your normal medications unless otherwise indicated by your doctor. **Do Not** take anti-inflammatories/NSAIDS for two (2) weeks.
2. You may take care of your personal needs but avoid strenuous activity such as gardening, lifting, sexual activity, dog walking etc. Avoid bending, twisting at the waist, sitting for longer than 45 minutes at a time. Please take 10-minute breaks and move around or lie down before returning to a sitting position. Do not lift more than eight (8) pounds (about a gallon of milk) until your post op appointment.
3. Wear the abdominal binder to support and stabilize the device and for your comfort.
4. Please keep the surgical dressing clean and dry. You may change your dressing over the incision site with a dry sterile dressing. If the bandage becomes soaked through for more than 24 hours, please contact the office at 541-780-6654.
5. Keep incisions clean and dry, you may shower after 48 hours. Avoid scrubbing the incision site. Do NOT soak the incision; so, avoid baths, hot tubs, or swimming until cleared by our physician. It is normal to have itching around your incision site as it heals.
6. It is important to come to your follow up appointment with your physician if you incision was closed with staples, they will be removed at the office.
7. Please call Pacific Sport and Spine for any unusual effects such as the following:
 - a) unusual persistent pain symptoms
 - b) intense headache or severe worsening of pain
 - c) redness or swelling at the injection site that lasts for more than 1 day
 - d) discharge from the injection site
 - e) a fever greater than 101.5 degrees for 2 consecutive readings 4 hours apart