

SI JOINT STABILIZATION PROCEDURE PATIENT POST OP INSTRUCTIONS

- You may leave ASC/Hospital the same day as the procedure.
- Keep incisions dry and dressing on. (Sponge baths only)
- Follow your regular diet.
- Pain medication may be used as prescribed.
- Applying ice can reduce inflammation, a common contributor to pain.
- Heat therapy can help reduce muscle tension and spasms caused by the procedure.
- No running or jumping for 12 weeks.
- No lifting above 10 lbs.
- Attend your first post-operative visit. At this visit, HCP will determine if you may return to work with light activities.
- Attend your second post-operative visit. At this visit, HCP will determine if you can return to full activities.
- With proper physical therapy and healing, the patient should be able to return to full activities after 10-12 weeks.

REMINDER

You will be sore at the procedure site for up to two weeks after the procedure. This is normal and part of the healing process.