



SI Joint Fusion Discharge Instructions

Summary of Procedure:

A minimally invasive sacroiliac (SI) joint fusion was performed to stabilize your SI joint and reduce chronic pain caused by joint dysfunction or instability. Small implants were placed across the SI joint to promote long term stabilization and fusion of the joint. This procedure is intended to reduce movement at the joint, decrease inflammation, and provide lasting pain relief to improve your daily function and quality of life.

Following the Procedure:

Pain Expectations: It is normal to experience surgical soreness and increased discomfort for the first several days. Localized soreness at the needle entry sites and deep aching around the buttock or low back may occur. Pain should gradually improve over the next several weeks.

- **Activity Restrictions:** Limit bending, twisting, pushing, pulling, and lifting more than 10 to 15 pounds for the first 4 to 6 weeks. Avoid strenuous activity until cleared by your provider. Walking is encouraged as tolerated.
- **Weight Bearing:** You may bear weight as tolerated immediately after the procedure. Move carefully and listen to your body during the first several days of recovery.
- **Entry Site Care:** The procedure was performed through small needle entry points. Keep the area clean and dry the day of the procedure. You may remove the bandages the next day and resume showering. Mild bruising, swelling, or tenderness is normal.
- **Ice Application:** Applying an ice pack for 15 to 20 minutes at a time may help reduce swelling and discomfort during the first several days.
- **Medications:** Take prescribed medications as directed. Resume your regular medications unless otherwise instructed. If you were prescribed pain medication, use it as directed and avoid driving while taking narcotic medications.
- **Physical Therapy:** Physical therapy may be recommended as part of your recovery plan. Follow all post-procedural instructions provided by your care team.

When to Contact Us or Your Physician:

- Fever: Greater than 101 degrees Fahrenheit
- Persistent or Worsening Pain: Especially if not improving over time
- Excessive Redness, Warmth, or Drainage: At the entry site
- Severe Swelling
- New Weakness, Numbness, or Loss of Bowel or Bladder Control

Emergency:

If you are experiencing a medical emergency, please go to the nearest emergency room immediately. For any concerns or questions, please contact Vitruvian Health at (616) 841-2615 or your primary care physician. Your health and safety are our top priorities.