



Dr. Jamie Gottlieb, MD

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Dr. Jamie Gottlieb's Post-Procedure Discharge Instructions for a SI joint Fusion.

Office number: 469-528-1169

ACTIVITIES/DIET:

- *Avoid lifting more than 10 LBS (weight of a gallon of milk).
- *Flat foot weight bear on affected leg for 6 weeks or otherwise directed by Dr Gottlieb.
- * Avoid excessive stairs.
- *Do Not drive or operate hazardous equipment for 24 hours.
- *Do not make any complex decisions or sign legal documents for the first 24 hours.
- *Resume light activity as tolerated.
- *Resume your normal diet as tolerated.

Medications:

- *You may resume all medications as prescribed EXCEPT blood thinning medications which should not be resumed until directed by your physician!!!!
- *You may take over the counter medications for relief of pain/discomfort as directed by your physician.
- *Do Not increase prescribed pain medication without physician's consent!!!!
- *If pain medication is not helping to relieve the pain, contact your physician's office for further assistance with pain relief.
- *Do Not drive, drink alcohol, operate machinery or power tools while on narcotic pain medications.

DRESSING:



1. Please keep your incisions clean and dry. You can take a shower 48 hours after your surgery, NO BATHS. After showers gently dab your incisions dry, then Betadine incisions, and place 4x4 gauze dressing on incisions with Medipore tape.

2. THINGS TO WATCH FOR: You should call the office if any of these occur:

- *Fever (reading greater than 101.5).

- *Severe pain that is worsening.

- *Redness or drainage from your incision.

- *Contact your physician if the dressing becomes saturated with blood.

Please feel free to call the office with any questions: 469-528-1169