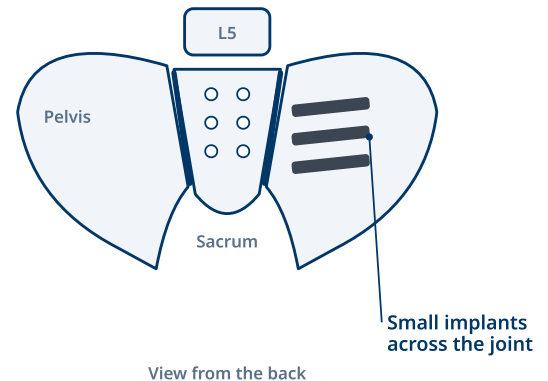


SI Joint Fusion

What it is

SI joint fusion joins the SI joint, where your spine meets your pelvis, so it moves less. Small implants are placed through a small cut. It may be an option when SI joint pain has not improved with other care.



Why it is done

- Chronic SI joint pain confirmed by exam and diagnostic injection
- Pain that has not improved after at least six months of conservative care
- Patients without conditions that make the procedure unsafe

Self-care tips

- Walk a little several times a day.
- Follow your limits on lifting, bending and twisting.
- Keep the cut clean and dry. Follow your wound care instructions.
- Take pain medicine only as directed. Do not smoke; it can slow healing.

What to expect

Before: A test injection into the SI joint helps confirm the pain source. You may need imaging and a health check.

During: You get anesthesia or sedation. The surgeon places small implants across the joint through a small cut. Many people go home the same day.

After: You may need to limit weight on that side for a while. Physical therapy then helps you return to activity step by step.

When to call us

- Fever over 101°F or chills
- Redness, swelling or fluid draining from the cut
- Pain, swelling or redness in your calf
- New or worse numbness or weakness

Call 911 for chest pain, trouble breathing, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/si-joint-fusion/



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This handout is general information and is not a substitute for medical advice.