

THE BRAIN & SPINE INSTITUTE
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**POST OPERATIVE INSTRUCTIONS FOR SACROILIAC AND PIRIFORMIS
SURGERIES**

WOUND CARE:

If your wound was closed with SKIN GLUE, clean the wound with soap and water ONLY (hydrogen peroxide, alcohol and Betadine might dissolve the glue) and change the dressing.

It may be easier to clean the wound while taking a shower: First remove the dressing, get in the shower, clean the wound gently with soap & water, with your fingertips. DO NOT RUB OR SCRATCH. Dab dry gently and place a dressing back.

If your wound was closed with STAPLES OR STITCHES, you may use alcohol or hydrogen peroxide instead of soap & water.

Showers (running water) are OK. Avoid stagnant water for two weeks (this includes baths, hot tubs, pools, Jacuzzi, etc ...) or until the wound is well healed.

Have someone check the wound daily. Some sero-sanguinous (clear) drainage may occur for about a week. Notify us if it keeps draining. Notify us immediately if the wound looks infected (yellowish or greenish thick discharge, usually with redness and swelling of the wound edges).

Painful swelling near the wound most likely represents muscle spasm. Although it is benign, it can be painful but can easily be treated with specific physical therapy (which may need to be started earlier than usual) and with muscle relaxants.

DIET:

You can resume your usual diet. You may want to use stools softeners (fiber) for 2-3 weeks post op.

ACTIVITIES:

Those are general guidelines. Timeframes vary with individual patients.

Weeks 1-2:

No driving.

No bending, twisting or lifting over 10 lbs.

No housework.

Minimize or avoid stairs

No sitting or standing for more than 1 to 1.5 hours. Take frequent breaks (lay down).

Weeks 2-4:

Can start try weaning the walker, if you have been using one.

Can start driving or riding a car if off the walker (if you still need to use a walker, you probably should not be driving).

Avoid trips over 1 hour if feasible.

Week 4:

If the wound is well healed, you may start using beauty cream containing vitamin E on it.

Physical therapy starts.

Can start some easy household chores (always start slowly and for a short period of time.

Increase the activity slowly and progressively as tolerated).

PIRIFORMIS IRRITATION:

If you did not have a piriformis muscle release surgery, watch out for pain in the buttock which may indicate piriformis irritation. Slow down your activities (especially walking).

Notify us and your physical therapist.

LIFETIME RESTRICTIONS:

No jumping (including Bungee jumping, skydiving, trampoline, etc ...).

No climbing (mountain, rock wall, your house or trees, etc ...)

No elliptical machines, stair master or similar exercises

Avoid bicycling (on the road or stationary) unless you feel strongly about it.

For swimming, use the breaststroke rather than the free style.

Last updated: 10/9/07