

Care After an Arthrogram

Arthrogram

You had an arthrogram to look at your hip, knee, shoulder or other joint.

During the arthrogram, contrast was injected into your joint so it could be seen better on the X-ray.

Activity

You may notice a tight, full feeling in your joint for a few hours.

- Limit your activities for the rest of the day to help prevent swelling of the joint.

Diet

- Return to your normal diet.
- Follow any instructions your health care provider gave you.

Medicine/Discomfort

- Take your normal medicines, including those for pain.
- Use a cold pack to help relieve discomfort.
 - Place a clean, dry towel on your skin before you place the ice pack.
 - Leave the cold pack on for 20 minutes at a time, once every 2 hours for the first 24 hours.
- Take any prescribed medicine (including pain medicine) as directed.

Your Health Care Provider

Name: _____

Phone number: _____

Site Care

- Bandages were placed over the injection site after the procedure.
- It is important to keep the site clean and dry.
- You may take a shower or bath while the bandage is on. Cover the bandages with plastic wrap before your shower. Remove the plastic wrap after your shower.
- Change the bandages if they get wet.
- You may remove the bandages 48 hours after the procedure.

When To Call Your Health Care Provider

Call your health care provider if you have any of the following:

- pain, swelling, redness, warmth or drainage at the injection site
- chills or a temperature of 101 F or higher
- any questions or concerns.