

# After Your Arthrogram or Injection

## Important self-care instructions

This handout gives important self-care instructions to follow after your arthrogram or injection.



Scan this QR code with your phone camera for a digital copy of this handout.



### For 24 Hours:

- The medicine and contrast from your procedure should not affect your movement.
- We strongly advise you to do only light activities. The medicines in your joint may contain lidocaine, which can numb pain and discomfort. You may not feel damage or injury to that joint, so it is important to move carefully.
- You may shower normally. To reduce the risk of infection, do **not** soak in a bath, pool, or hot tub.
- *Distention* (swelling) in the injected joint is normal. This swelling will go down in about two days as your body absorbs the fluid.
- You may want to cover the injection site with a Band-Aid for 24 hours.
- It is normal to have some discomfort or a bruise at the injection site for several days.

### If you had a steroid injection:

- *Corticosteroids* (steroid medicines that help with inflammation) do not help with pain relief immediately. It may take up to one week before the medicine helps reduce your pain.

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Name: \_\_\_\_\_

Number: \_\_\_\_\_

### When to Seek Care:

Go the Emergency Room (ER) if you have any of the following symptoms:

- Fever higher than 101.5°F (38.6°C)
- Redness
- Swelling
- Drainage
- Signs of allergic reactions: swelling of lips or tongue, throat closing