



ARTHROGRAM DISCHARGE EDUCATION

Information:

Arthrography is imaging of a joint such as the shoulder, knee, or hip. It may be done if standard X-rays do not show the needed details of the joint structure or to inject medication for therapy. In arthrography, a long, thin needle is used to inject contrast dye and/or medication into the joint which then can be imaged under x-ray, CT or MRI to determine structural defects.

What should I expect after the arthrogram?

- The area of interest may be numb after the procedure for 1-2 hours afterwards due to the local anesthetic. Please avoid strenuous activity during this period.
- The injection site may appear swollen due to the injection of lidocaine, a local anesthetic. This will resolve in a few hours. You can apply ice if needed and take ibuprofen if you are able to. If swelling continues or increases after a day or two, contact us.
- The joint may feel full post procedure due to the injection of fluid into the joint this should resolve in 12-24 hours.
- You can take Tylenol or ibuprofen if needed for the discomfort.
- You may notice some clicking or cracking noises with movement of the joint for a few days after the procedure. This is normal and should resolve within a few days.
- If you receive a therapeutic injection usually two drugs are used, a short acting local anesthetic and a long acting steroid. You may experience pain relief for several hours from the short acting local anesthetic which then worsens before the long acting steroid being to take effect. The steroid pain relief may last weeks or months.
- If you are diabetic, the steroid may cause an increase in blood sugar levels for the next day or so.

Bathing & Wound Care:

- You may shower after 24 hours; do not tub bath or submerge in water for 3 days (bath tub, hot tub, swimming pool, river or any other body of water). Band-aid may be removed after a few hours post procedure.
- Apply a warm compress to affected area for comfort as needed.
- If the site(s) become red, tender, swollen, or starts to drain, contact us.
- Avoid heavy lifting and strenuous activity for 1-2 days.

Follow-up visit information:

Call your primary doctor after discharge for a follow-up appointment if you don't already have one. Follow up with Interventional Radiology is not routinely necessary.

Occasionally, a situation will require prompt attention and an emergency room visit is necessary:

- Fever
- Redness, swelling, bleeding, or other drainage from the injection site
- Increased pain around the injection site

With these urgent situations, please call Oregon Interventional Radiology to see what your best course of action is.

For any questions please contact Oregon Interventional Radiology at 541-618-5801

In all Emergency situations call 911