

## Home Care After an Arthrogram

You had a \_\_\_\_\_ injection performed by \_\_\_\_\_, the radiologist.

### After Care

You can take your routine medicines after the procedure. This includes pain medicines as prescribed.

The injection site may be sore for the next few days. You can apply ice to the site for 20 minutes on and 20 minutes off to ease pain. Use a cloth between your skin and the ice.

Expect weakness for the next 3-5 hours due to the numbing medicine.

You can shower the next day. **Do not** soak in a bath or hot tub for 24 hours.

### When to Call

- Fever over 100.4° F by mouth for 2 readings, taken 4 hours apart.
- Increased redness, swelling or drainage around the site.

### Who to Call

For questions, signs of infection, or to make a follow-up visit, call your primary care doctor.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7984