

## **POST ARTHROGRAPHY INSTRUCTIONS (without steroid injection)**

- Within an hour of your exam, the iodine opacifying product will resolve itself into the bloodstream and then be eliminated by the kidneys (it will not change the color of the urine).
- **On the day** of your arthrography, do not perform exaggerated or repetitive movements, or play sports involving the joint being examined.
- You **may** experience some discomfort and swelling of the joint for a day or two after the arthrogram. If this is the case, don't worry. You may:
  - ✓ Apply ice packs for the first 24 hours (3-4 times, for not more than 15 minutes).
  - ✓ This can be followed by hot packs after the first day (20 minutes, four times a day).
  - ✓ You can take Aspirin, Tylenol or your regular pain medication.

Everything should be back to normal after 24-48 hours.

Infection of the joint is a rare but serious complication of an arthrogram and requires treatment with antibiotics. If you have symptoms of pain, swelling, red skin or fever 3 or more days after the arthrogram, contact your doctor or call us.

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