

# WHAT TO EXPECT AFTER YOUR ARTHROGRAM

Following your procedure, you may resume routine daily activities, but participation in athletics should be avoided for at least one day. Athletes should consult their coach or trainer prior to resuming practice.

Many patients experience some mild to moderate pain, discomfort, and swelling of the joint for a day or two after their arthrogram.

## THE FOLLOWING MAY HELP EASE THE DISCOMFORT

- Take Aspirin, Tylenol®, or similar anti-inflammatory agents such as Ibuprofen, Aleve®, or Advil®
- Apply ice packs for the first 24 hours (four times, for no more than 15 minutes), followed by hot packs after the first day (20 minutes, four times a day)

Infection of the joint is a rare but serious complication of an arthrogram and requires antibiotic treatment. **If you have symptoms of pain, swelling, red skin, or fever for three or more days after the arthrogram, call your doctor.**

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 **QUESTIONS**  
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**SHINE ON**

