

# Arthrogram Discharge Instructions

## Pain and Swelling

Some stiffness and swelling may occur the first day after an arthrogram test. Apply an ice pack to the area where the dye was injected, to lessen the swelling. Keep the pack on the area for no more than 20 minutes at a time. During this first day, you should rest the joint as much as possible to decrease pain. A mild pain relief medicine such as Tylenol can be used for discomfort. The stiffness and swelling will go away in one or two days.

## Eating and Drinking

Follow guidelines in the [General Anesthesia Discharge Instructions](#) patient education handout.

## When to Call Gillette

Call Telehealth Nursing (651-229-3890) if:

- Pain does not get better after taking pain medicine.
- You continue to have an upset stomach or are vomiting.
- Swelling, warmth, redness, or pain increases where the injection occurred.
- You don't urinate within six to eight hours after surgery.
- Your temperature is higher than 101 of (38.4°C) by mouth or 100°F (37.8°C) under the arm.

[Make An Appointment](#) **651-290-8707**

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).