

Contact Us

Urgent Questions or Concerns

Telehealth Nursing
651-229-3890

Other Questions About Your Care

St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:

Contact a member of your
Gillette health care team.

Appointments

651-290-8707

Arthrogram Discharge Instructions

patient education
DIS082

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° F (38.4°C) by mouth or 100° F (37.8°C) under the arm.

Books, DVDs and More

Find materials about
disabilities, medical conditions
and support for caregivers.

Health Resources and Education

St. Paul campus, near
fourth-floor skyway
651-229-3938
hre@gillettechildrens.com