



IMAGERIE MÉDICALE | MEDICAL IMAGING

WESTMOUNT SQUARE

1 Westmount Square, Suite C-210
Westmount (Québec) H3Z 2P9
Tél.: (514) 939-9764 Fax : (514) 939-9363
www.radiologymontreal.com

POST THERAPEUTIC ARTHROGRAM INSTRUCTIONS

During a therapeutic arthrogram, the doctor will inject a steroid and local anaesthetic into the area of pain. This is to decrease the inflammation and therefore attempt to decrease or relieve the discomfort you are having. Once the medication is injected there may be instant relief of pain and discomfort, or no change for up to 7 days. As well there may be no change at all following this procedure. The pain may actually increase for 24-72 hours after the initial relief. This is normal and it may take time for the pain and discomfort to decrease or be relieved altogether. The beneficial effects of this procedure could last anywhere from one month to one year.

We recommend that after the procedure you return home and rest for the remainder of the day. It is recommended to rotate the joint throughout the day to help disperse the medication that was injected. You may resume normal daily activities the following day.

However, we advise you not to practice any sports or activities that require the use of the joint in question for up to 48 hours. Physiotherapy is permitted immediately following the procedure.

You may develop pain at the site of the injection for 1 to 3 days after the procedure.

Applying an ice pack to the area for 10 minutes several times throughout the day, will help relieve the pain. It is also recommended that you take Tylenol or Advil for pain relief as prescribed on the bottle.

If there is no relief after 72 hours, please consult your physician.

You may contact our nurse at (514) 939-9764 ext. 2711.