

# Arthrogram

## What is an arthrogram?

An arthrogram helps find the cause of ongoing or unexplained joint pain, swelling, or abnormal movement. A special doctor called an Interventional Radiologist uses image guidance to place a needle into the joint. Then they inject a contrast agent to help them see the area with MRI, CT, or special kind of X-ray.

## Things to Note After the Procedure:

- **Pain:** The joint may feel full, and the injection site may look swollen due to the lidocaine (numbing medicine) and contrast. This will go away in a few hours. You can apply ice and take over-the-counter pain medicine that your doctor approves of if you need it.
- **Activity:** Don't do any intense physical activity for 24 hours.
- **Hygiene:** You can shower the day after the procedure. Do not swim or take a bath for two (2) days after your procedure.
- **Going Back to School or Work:** You may go back to school or work the next day.
- **Follow-up:** Call your primary doctor to set up an appointment to talk about the results.



## Dressing Care

- You may shower with the waterproof dressing on. Take off the dressing in 24 hours.

## Return to the Emergency Department (ED) if:

- your pain gets worse even after taking over-the-counter pain medicine.
- the area gets more red, swollen, or starts to leak fluid or blood.
- you start shaking with chills or have a fever higher than 101°F (38.5°C).
- you have a hard time breathing.

## Interventional Radiology Contact Information:

- **For non-emergent questions:**  
Please call (323) 361- 2436 from 8 a.m.to 4 p.m.
- **For emergencies:**  
Please go to the nearest emergency room.

## Interventional Radiology

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org/

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