

ASCENSION ST VINCENTS

JOINT PROCEDURE AFTERCARE INSTRUCTIONS

Who Performed Your Procedure:

Aftercare Instructions:

- A bandage will be applied over the procedure site. You may remove the bandage 24 hours after your procedure. You may shower and allow water to flow over the site 24 hours after your procedure, however, do not submerge the site in water (bath, pool, hot tub or ocean) until the site has healed. Do not apply lotion/ointment to the site until it has healed unless instructed to do so.
- If you were provided with an ice pack, apply it to the procedure site periodically for 20-30 minutes after your procedure.
- Avoid strenuous physical activity for at least 24 hours then increase your activity level as tolerated.
- It is normal to experience discomfort / mild pain and bruising after your procedure. You can take acetaminophen (Tylenol) for the first 6-8 hours after your procedure. After 6-8 hours, you may switch to aspirin, ibuprofen (Motrin) or naproxen (Aleve) if acetaminophen is not adequately decreasing your pain. It is safe to take aspirin, ibuprofen or naproxen within 6-8 hours after your procedure, however you may experience more bruising if you do so.
- For patients receiving a steroid injection, it is not uncommon for the joint pain to initially improve then worsen for 1-2 days before improving again. It can take 1-2 days after the anesthetic injected into the joint wears off before the steroid takes effect.
- Some procedures are located near nerves. Local anesthetic (lidocaine) can occasionally flow over these nerves and cause numbness/weakness which will go away but can take up to several hours after your procedure depending on what local anesthetic was used.
- Contact Radiology or your ordering clinician if you have any concerns or experience any of the following after your procedure: continued bleeding; significant swelling; severe pain not responding to over-the-counter medications; signs of possible infection (significant redness or purulent drainage from the site, severe pain, fever or chills) or persistent weakness, numbness or tingling in your arms or legs.
- Weekdays 8 am to 5 pm call 308-8401 (Riverside), 296-3886 (Southside), 602-1360 (Clay), 691-1297 (St Johns) or Optimal Imaging (450-6960). Weekdays 5 pm to 10 pm or weekends 6 am to 10 pm call 308-8401. If outside of these hours, call the hospital operator at 308-7300 and ask to speak to the Interventional Radiologist on call.

How Do I Receive Procedure Results?

- If you had a joint aspiration that procedure a sample, it will be sent for laboratory analysis. Results can take up to 5 days to become available. Please contact your clinician's office to obtain results and for follow-up instructions.