



Michael P. Zeringue, M. D.

Post Operative Instructions

Arthrogram

Location: Shoulder Knee Wrist Hip Other _____

1. Do not remove dressing for the next 24 hours. If dressing falls off you may replace it with a new one.
2. Do not shower or take a bath until the day after the procedure. No Jacuzzi, sauna or hot tub for 3 days. Dressing needs to be kept clean and dry.
3. Minimal drainage at the injection site may occur. This is normal.
4. Resume your regular diet
5. You may resume normal activity as tolerated, including physical therapy, showering, working, etc. the day after the procedure.
6. If any redness or fever call Dr. Zeringue's office at 504-885-6464.
7. If you have any questions or problems call the office, during normal business hours, if it is after hours please leave a message with the answering service. If you feel your situation is an emergency go immediately to the nearest emergency room or an urgent care center and present these post operative instructions.

I have received and understand the discharge instructions provided to me.

Patient's Signature

Date