Home Care after Needle Muscle Biopsy
Care of the Incision

Bandage

1. Leave the dressing on for twenty four hours. Then, remove the dressing and replace with several Band-aids® placed on top of the steri-strips.

2. Change the Band-aids® daily for the next 7-10 days. Look for signs of infection. If you notice any of these signs, call your doctor:
   - Red and/or hot incision site (although the incision itself may turn red).
   - Pus-like drainage.
   - Excess swelling or bleeding (that covers the entire dressing within 1 hour).
   - Temperature (by mouth) above 100°F or 37.7°C for two readings taken 4 hours apart.
   - Increased pain that does not go away after you use pain medicine.

Wound Care

The incision is closed with steri strips (thin white tape). Keep the area dry for 7 - 10 days, or until wound is completely healed.

Sponge bathe or cover the incision fully with plastic wrap while you shower. You may shower normally after 7 - 10 days, provided the wound is completely healed. Do not soak or scrub the incision in water for 7 – 10 days, or until the wound is completely healed.

Pain Relief

It is normal to have some pain or discomfort in the surgical site. For pain, use oral Tylenol® or other medicine as prescribed by your doctor. Do not use aspirin, ibuprofen, or anti-inflammatory drugs for 24 hours after the procedure. You may apply an ice pack to the area the first 24-36 hours. Apply the ice pack for 20 minutes at a time.

Activity

There are no specific restrictions. Return to your normal routine as you are able.

For the next 7 – 10 days or until the biopsy site is completely healed, please follow these directions:
   - No swimming
   - No tub baths
   - No sitting in hot tubs

You may shower but you must cover your biopsy site before showering. Follow these directions until your biopsy site is completely healed.
Supplies needed

- Press & Seal saran wrap (find in grocery store)
- Small plastic garbage bags (13 gal size plastic garbage bags work well)
- Roll of tape (tape that will keep out water)
- Box of Band-aids (1 inch size works well, use several to place on top of the steri-strips)

Tear off a sheet of Press & Seal and place it on top of your pressure dressing or on top of the Band-Aids®, pressing it onto your skin. Place a small plastic garbage bag on top of the Press & Seal, wrapping the garbage bag around and tape to keep in place. Secure the top and bottom edges of the garbage bag to your skin with tape. Do this each time before you shower until your biopsy site is fully healed.

Biopsy Results

The results will be given to your doctor who ordered the biopsy. Please contact him or her for your results. The muscle tissues require considerable processing using stains that cannot be hurried. The results will be available in 6 – 8 weeks.

Phone Numbers

If any problems occur, contact your doctor.

Neurology Clinic phone number - (608) 262-0547, M-F, 8:30 a.m. to 4:30 p.m.

After hours or weekends, this number will be answered by the paging operator. Ask for the neurology doctor on call. Give the operator your name and phone number with the area code. The neurology doctor on call will call you back.

If you live out of the area, please call: 1-800-323-8942.

The Spanish version of this Health Facts for You is #7179.