

## **POST BIOPSY INSTRUCTIONS**

You have undergone a nerve and/or muscle biopsy in order to more accurately diagnose your condition. Please follow these instructions carefully to maximize your comfort and minimize the potential for complications.

1. When the local anesthetic wears off, the biopsy site may be somewhat sore. This soreness may persist for 24-48 hours. This is normal and should not cause undue concern. Take Tylenol for pain. Do not use aspirin or aspirin products. Your doctor will give you a prescription for a pain medicine such as Tylenol with codeine for you to take if plain Tylenol is not sufficient.
2. The biopsy site is covered with ordinary Band-Aids. A "pressure dressing" consisting of several gauze pads and adhesive tape has been placed over the Band-Aids. The day after the biopsy you may remove the top tape and gauze padding, but leave the Band-Aids in place until you return to have your sutures removed. If the Band-Aids come off, just replace them with regular Band-Aids.
3. Keep the wound dry during the healing process. Cellophane, saran wrap, or a plastic bag with the bottom cut out and secured with rubber bands can be used to keep the wound dry during showering or bathing. Avoid getting water directly on the wound and Band-Aids.
4. When the soreness of the biopsy site subsides, you can perform routine activities as tolerated. Undue exertion, such as heavy lifting or running, should be avoided until after the sutures are removed.
5. The biopsy site has been closed with a single running suture. This suture should be removed 10-14 days after the biopsy. This is usually done by the physician who performed your biopsy. If someone else is removing the suture, they just need to cut beneath the knot at one end of the incision and pull on the other end of the suture. This will remove the entire stitch from beneath the skin surface. The stitches are not interrupted.
6. If your biopsy was a nerve biopsy, you may experience some tingling or burning sensations at the biopsy site, particularly when your leg is bumped or jarred suddenly. This is normal and usually resolves gradually over a period of months.
7. If you notice any of the following symptoms, call the office at (602) 258-3354:
  - Excessive swelling, redness, or pain around the biopsy site;
  - Any type of drainage or pus from the wound;
  - Bleeding from the wound that is not controlled by 10 to 15 minutes of firm pressure;
  - Fever over 100 degrees;
  - Any other symptoms which concern you.