

## **Home Care after Needle Muscle Biopsy**

### **Care of the Incision**

#### **Bandage**

Leave the dressing on for 24 hours then gently remove. Leave the steri-strips in place and the site open to air.

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**

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 plastic wrap (find in grocery store)
- Small plastic garbage bags (13 gallon size plastic garbage bags work well)
- Roll of tape (tape that will keep out water)

Tear off a sheet of the press & seal plastic wrap and place it on top of your pressure dressing. Press it onto your skin. Or, place a small plastic garbage bag on, wrapping the garbage bag around and tape it 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 a lot of tests 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 is **(608) 263-5442**, M-F, 8:00 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 doctor on call will call you back.

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

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#4278.