

Neurology Clinic – Incision Care after Needle Muscle Biopsy

Bandage

Leave the dressing on for 24 hours then gently remove. Leave the Steri-Strips™ in place until they fall off on their own and leave 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 entire gauze within 1 hour).
- Temperature (by mouth) above 100°F or 37.7°C for 2 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 the wound is completely healed.

- No swimming
- No tub baths
- No sitting in hot tubs

Do not scrub or soak the incision in water for 7-10 days, or until the wound is completely healed. Sponge bathe or cover the incision fully with plastic while you shower, using the following directions.

You Will Need

- Press'n Seal™ plastic wrap
- Sandwich or snack size plastic baggie
- Roll of tape

Tear off a sheet of the Press'n Seal™ plastic wrap, place it on top of your biopsy site and wrap it around your thigh. Press it onto your skin, use a piece of tape to secure if needed. Or place a sandwich baggie over the biopsy site. Tape all sides of the sandwich baggie. Do this each time **before** you shower until your biopsy site is fully healed.

Pain Relief

It is normal to have some pain or discomfort at the biopsy 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 for the first 24-36 hours. Apply the ice pack for only 20 minutes at a time.

Activity

Return to your normal routine.

Biopsy Results

The results will be given to your doctor who ordered the biopsy. Please contact them 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.

Who to Call

If any problems occur, contact your doctor.

Neurology Clinic
(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. Provide your name and phone number with the area code and the doctor on call will call you back.

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 © 3/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#4278.