

Neuromuscular Research Center

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PATIENT INSTRUCTIONS FOR MUSCLE AND NERVE BIOPSY

BEFORE THE BIOPSY

The surgeon will explain the procedure, the risks, possible complications and outcome of the surgery. You will have the opportunity to ask questions and will be asked to sign a consent form for the procedure.

The time, and date of the surgery will be scheduled and the office staff will notify you.

INSTRUCTIONS:

- **DO NOT EAT OR DRINK ANYTHING FOR 8 HOURS PRIOR TO THE PROCEDURE.**
- Arrive 1-1 ½ *hours* before the scheduled time of the procedure.
- Wear loose and comfortable clothing.
- Arrange for someone to drive you home from the procedure, as you will not be able to drive yourself.
- Stop any aspirin or blood thinners 5 days prior to procedure.

BIOPSY PROCEDURE

- You will be asked to undress and wear a patient gown, cap and foot covers and remove all of your jewelry.
- Vital signs such as your blood pressure, pulse and temperature will be taken.
- The nurse or assistant will ask about your allergies to medication, tape or latex.
- You will be helped on to the operating/procedure table. The skin over the site of the biopsy will be cleansed and draped with a sterile cloth. A local anesthetic will be given by a needle injection to the site of the biopsy.
- An intravenous line will be started to give you medication and assist in putting you to sleep.
- The skin incision will be closed by sutures/stitches, which do not need to be removed. In addition, there will be small strips of tape (steri-strips) placed over the wound and an ace bandage will be used to wrap the site.
- As you recover from the anesthesia, your vital signs will be checked and your condition will be monitored. You will receive prescriptions for pain and instruction on the care of the biopsy site on discharge.

POST-OPERATIVE CARE

- Remove the ace bandage the day following the surgery.
- Three days after the surgery, remove the bandage placed over the wound and replace with a clean dressing.
- **DO NOT REMOVE** the small strips of tape (steri-strips). They will fall off in 7-10 days.
- Keep the dressing clean and dry. If it gets wet or soiled, change it.
- Seven days after the surgery, you may remove the top dressing and leave the site open to air with only the small steri-strips.
- Call the office if you notice redness, swelling or discharge from the incision site. A slight pinkness around the incision line is normal and a sign of healing. Two strips of suture material, at the end of the incision site, will fall off in about 2-3 weeks.
- Use Tylenol, Advil, Ibuprofen or Motrin for pain or discomfort. You may also use an ice pack.

NERVE BIOPSY FOLLOW-UP

- In addition to the above instructions, limit all activity for 2 days. Keep your leg elevated for 24-48 hours after surgery.

The results of the biopsy should be available 4 weeks following the surgery. Please call the office at 480-314-1007 to schedule the appointment.

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