

200 University Ave. E
St. Paul, MN 55101
651-291-2848
800-719-4040 (toll-free)
651-299-3928 (TDD)
www.gillettechildrens.org

Contact Us

Urgent Questions or Concerns

Telehealth Nursing
651-229-3890

Other Questions About Your Care

St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:
Contact a member of your
Gillette health care team.

Appointments

651-290-8707

Books, DVDs and More

Find materials about
disabilities, medical conditions
and support for caregivers.

Health Resources and Education

St. Paul campus, near
fourth-floor skyway

651-229-3938

hre@gillettechildrens.com

Post Muscle Biopsy Home Instructions

patient education
DIS006

Muscle biopsy is the surgical removal of a small amount of muscle (usually from the upper arm or thigh) that is used for diagnosis.

Diet/Nausea

Follow the guidelines as outlined in the general anesthesia handout.

Site Care

Keep the wound clean and dry for 24 hours. You may get them wet. Your doctor may use Dermabond (a sterile liquid glue used to close the incision). It's OK to get the Dermabond wet. Allow the Dermabond to peel off on its own.

Pain/Comfort

Apply ice pack wrapped in a towel over dressing to decrease pain and swelling—on 20 minutes, off 20 minutes as needed. Take acetaminophen for pain as directed.

Activity

As tolerated. You may shower after 24 hours with the bandage on. If there's an Ace wrap (elastic bandage) in place, remove it after 24 hours.

Urinary

You should be able to urinate within 6-8 hours. If you're unable to do so, contact Telehealth Nursing at 651-229-3890.

Questions or Problems

Contact Telehealth Nursing at 651-229-3890 if any of the following conditions are present:

- Fever over 101.5 F
- Throat irritation
- Severe pain