Post Muscle Biopsy Home Instructions

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