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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 Nerve Biopsy Home Instructions

patient education  
DIS007

Nerve Biopsy is the surgical removal of a small amount of segment nerve (from the outside of the lower leg) 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. 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

Elevate leg for the first 24 hours while sitting. Avoid standing in one location for an extended period of time. A shower may be taken after 24 hours with the bandage on.

### Urinary

You should be able to urinate within 6-8 hours. If you are 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