



MUSCLE BIOPSY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



ACTIVITIES

You may use the arm or leg where the biopsy was done but avoid heavy lifting or strenuous activity.



SPECIAL CARE NEEDED

Keep your dressing dry and in place for 48 hours. Then you may remove it and shower. Allow the white strips of tape to fall off on their own. If stitches are in place, your doctor will remove them at your next appointment.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon) or swelling

Call 911 if you have chest pain or shortness of breath