Muscle Biopsy
Care After Surgery

Refer to these instructions for the next few weeks. These discharge instructions provide you with general information on caring for yourself after surgery. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS

- It will be normal to be sore for a couple days following surgery. See your caregiver if this seems to be getting worse rather than better.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- If the muscle biopsy was performed on an arm or leg, avoid vigorous activity until your surgeon says it is okay.
- Use showers for bathing, until you are seen or as instructed.
- Change dressings if necessary or as directed.
- You may resume normal diet and activities as directed or allowed.
- Make an appointment to see your caregiver for stitches or staple removal when instructed.

SEEK MEDICAL CARE IF:

- You have increased bleeding from wound or wounds.
- You see redness, swelling, or have increasing pain in wound or wounds.
- You have pus coming from your wound or wounds.
- You develop an unexplained temperature over 101° F (38.3° C).
- You have a foul smell coming from a wound or dressing.
- You develop lightheadedness or feel faint.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing
- You develop any reaction or side effects to medications given.

Document Released: 03/26/2009 Document Re-Released: 05/06/2010
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