



Epidermal Nerve Fiber Density Testing

Small Fiber Neuropathy

Small Fiber Neuropathy (SFN) is a type of Peripheral Neuropathy. Small fibers send messages about illness and injury and control our internal organs that regulate activities such as breathing, digesting food, and heart and gland functions. Symptoms of SFN include pain, burning, tingling, balance issues, and numbness. These symptoms often start in the feet and progress up the rest of the body. Symptoms are often worse at night and affect sleep.

Common Causes of Small Fiber Neuropathy:

- Diabetes Mellitus Prediabetes
- Mellitus Metabolic Syndrome
- Connective Tissue Diseases
- Vitamin B12 Deficiency
- Alcohol Abuse
- HIV Infection
- Neurotoxic Drug Exposure
- Celiac Disease
- Hereditary Diseases

How do you diagnose Small Fiber Neuropathy?

The use of Epidermal Nerve Fiber Density (ENFD) testing with a skin biopsy is considered the new “gold standard” for the diagnosis of Small Fiber Neuropathy (SFN).¹

Peripheral Neuropathy Fact Sheet¹, National Institute of Health
Neurological Disorders and Stroke, Publication date: August 2018.
NIH Publication No. 18-NS-4853.



Visit our website at www.emeritusdx.com to learn more about us.

For more information, please contact us at: cs@emeritusdx.com

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EDX-ENF 0425



FOR MORE INFO

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The Procedure

The biopsy is minimally invasive and performed using a 3 mm punch tool. Your skin will be numbed with a local anesthetic, which alleviates the pain during the biopsy. The procedure will take the provider approximately 90 seconds to perform, with the entire procedure taking about 10 -15 minutes. The biopsy site will be covered with a band-aid and will not require any special treatment.

After The Procedure

- Your provider will cover the biopsy sites with a bandage after the procedure.
- Refrain from doing strenuous activity for the rest of the day following your biopsy, such as running or heavy lifting.
- Change bandages daily starting the day after the biopsy until the site is completely healed.
- The average time for daily bandage changes can take up to two weeks.



Test Results

EmeritusDX will provide the results of your Epidermal Nerve Fiber Density test to your provider within 10-14 business days, following the procedure. A follow up appointment will be scheduled with your provider to review the results.

Patient Information for Skin Biopsy Procedure

- **Where are the biopsies performed?** The skin biopsy procedure is performed at your provider's office or ambulatory surgery center.
- **How long is the procedure going to take?** The actual skin biopsy procedure takes the provider approximately 90 seconds to perform, with the entire procedure taking about 10 -15 minutes.
- **Will I need a driver to bring me to the provider's office?** You will not need a driver to transport you from the provider's office. This is a minimally invasive procedure and will not impair your ability to drive.
- **Is the Skin Biopsy painful?** The procedure is not painful, as a local anesthetic is utilized to numb the biopsy areas.
- **Will the skin biopsy site require stitches?** No, stitches are required at the biopsy site. A band-aid is utilized until the site is healed. Once you are without the band-aid, the biopsy sites may look slightly red or darker than the rest of your skin. This discoloration will gradually fade and blend back with your normal skin color.
- **Does insurance cover the skin biopsy?** In most cases, the skin biopsy is covered by insurance. If prior authorization is required by your insurance carrier, the authorization will be obtained before the procedure.
- **When will I receive the results?** Your provider will receive the skin biopsy report within 10 - 14 days from the procedure date.

For more information, please contact us at: cs@emeritusdx.com

