

# Discharge Instructions - Mediastinoscopy

## What To Expect

After the procedure, you may have:

- sore throat (If your throat is sore, try liquids or soft foods until it feels better – usually a few hours to 2 days. )
- discomfort and slight redness, swelling, or lump at the incision site
- cough and/or mild chest discomfort in middle of the chest

## Wound Care

- You will have skin glue over the incision. The glue will flake off in 1-2 weeks.
- You can shower with soap and water. Do NOT scrub your incision. Do not put ointments, lotions, or creams on the incision.

## Restrictions

- There are no restrictions on your activity unless you are on a new opioid (narcotic) medication.
- Blood thinners and home medications should be resumed as directed on your medication sheet.

## Pain Control

- Your anesthetic (numbing medication) wears off 1-6 hours after your procedure. You may be prescribed pain medication to treat any pain that may occur afterwards.
- You can take nonsteroidal anti-inflammatory drugs (NSAIDs) if you are not on any blood thinning (anticoagulant) medicines and you have not had any bad reactions to these drugs in the past. Ibuprofen (Advil®, Motrin®) and naproxen (Aleve®) are common NSAIDs that do not require a prescription.

## Call Us If...

- you have a fever above 100.5°F (38°C) for 24 hours or longer
- you have drainage from the incision
- you have a lump at the incision site that is getting bigger
- you have chest pain or shortness of breath that is getting worse
- you have coughing, gagging, or pain that gets worse when you swallow
- you have swelling in your neck that is getting worse

**Phone numbers are on the back of this sheet.**

## Questions or Concerns

If you have any questions or concerns, please contact the Thoracic Center at **716-845-3167** between the hours of 8:00am and 5:00pm on weekdays. Your call will be answered by our Call Center staff when the center is closed.

You can also reach us 24/7 by calling the main Roswell number: **716-845-2300**.