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.