INSTRUCTIONS FOR BRONCHOSCOPY AND MEDIASTINOSCOPY

PAIN CONTROL
- Pain is usually from a sore throat and controlled with Tylenol or Ibuprofen available over the counter. Follow the directions on the bottle. If you have kidney disease or stomach ulcers do not take Ibuprofen.
- If you are given a prescription pain medication, take as directed and do not take any additional Tylenol. These prescription medications usually already have Tylenol in them and there is the possibility that you could overdose.
- If you are given prescription pain medication, **DO NOT DRIVE** while taking it.
- Prescription pain medications have side effects. The most common side effect is constipation. If you are given a prescription for pain medications, be sure to pick up a stool softener with a laxative in it, such as Senokot S, at the drug store when you fill your pain medication. Take it regularly while on the prescription pain medication.

INCISION
- Stitches are internal and do not need to be removed.
- You can remove your bandage the day after surgery and shower with soap and water, pat your incisions dry. Do not apply lotions, ointments, or powders to incision. **DO NOT TAKE A BATH.** The incisions should not be submerged.
- Please check the incision daily and call us immediately if you see any redness, swelling, or drainage, or if you have a fever of 101 or higher.
- It is **normal** for the incision to develop a hard “knot” that sticks out. This will go away with time and is not considered swelling. Swelling is soft and mushy.

ACTIVITY
- No heavy activity, driving, or making important decisions the day of surgery. You should go home and take it easy the rest of the day.
- You may cough after surgery. This is normal to clear secretions in your lung that collected during the time you were asleep in surgery and could not cough on your own. You may also see specks of blood in your sputum. This is **normal** and as long as it is only a small amount there is no need for alarm.

Follow-up
- I will see you in my office on ___________________________ for follow-up.
- **Be sure to resume all your usual medications from home.**

REASONS TO CALL THE OFFICE
- Increasing pain that is not controlled by the pain medication
- Increasing redness around the incision
- Unusual or increasing shortness of breath
- Fever over 101 degrees
- Change in the color of your sputum to yellow or green, especially if you also have fever and increasing shortness of breath.
- Coughing up a lot of blood (more than streaks, and increasing in volume)

Please call if you have any questions or concerns.