

## Questions?

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 206-598-4549.

After hours and on weekends and holidays, call 206-598-6190 and ask for the resident on call for Thoracic Surgery to be paged.

Or, ask for your surgeon to be paged:

Dr. \_\_\_\_\_

## Biopsy Results

Your doctor will discuss your biopsy results with you at your next clinic visit.

### Call the Nurse Advice Line or Your Doctor If You Have:

- Bleeding that soaks your dressing.
- A fever higher than 100°F (38°C).
- Chills or shaking.
- Any sign of infection:
  - Redness
  - Increased pain
  - Increased swelling
  - Foul-smelling drainage
  - An increase in the amount of drainage from your wound
- Nausea, and you are throwing up.
- Trouble breathing, sudden, sharp chest pain, or you are coughing up blood.
- Concerns that cannot wait until your follow-up visit.



# Mediastinoscopy

*What to expect and how to prepare for your operation*

**A *mediastinoscopy* is a biopsy of the lymph nodes in the central part of your chest. This biopsy is done to help diagnose your illness and find out what treatment is needed.**

**The procedure may be done alone or right before lung surgery. This handout describes what to expect from the biopsy, how to prepare for your operation, and how to plan for your recovery.**

**Read the “Lung Surgery” handout for more information about lung surgery.**

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## About the Procedure

To do a mediastinoscopy, your surgeon will make an incision about 1 to 2 inches long where your neck meets your chest. Small tissue samples of your lymph nodes will be taken and looked at by your surgeon and *pathologist* (a doctor who studies body fluids and tissues to diagnose changes caused by diseases).

## How to Prepare

### *24 Hours Before Your Operation*

- **Arrange for your ride home after surgery:** Be sure to arrange for a responsible adult to drive you home the evening after your surgery. Or, this person may ride with you in a bus or taxi. Do **not** plan to take a bus or taxi by yourself after surgery.
- **Take 2 showers:** Take 1 shower the night before, and a second shower the morning of your operation. Use the antibacterial soap your nurse gave you to wash your body. Do **not** use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair. Use clean towels to dry off, and put on clean clothing.
- **Arrival time:** The pre-surgery nurse will call you by **5 p.m.** the night before your operation. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206-598-6334.  
The pre-surgery nurse will tell you when to come to the hospital and will remind you:
  - Not to eat or drink after a certain time.
  - Which of your regular medicines to take or not take and to sip only enough water to swallow your pills.

## After Your Biopsy

### *Going Home*

You will go home after your surgery. You will need to ride home with a responsible adult.

### *Incision Care*

Your incision will be covered with gauze and a clear dressing (bandage). There will be strips of white surgical tape called Steri-Strips over your incision.

Remove your dressing 48 hours after your surgery. You can also shower 48 hours after surgery. You may leave the area open to air and let shower water run over it.

Leave the Steri-Strips in place until they fall off on their own, in about a week. Your incision may heal with a raised lump or ridge.

### *Pain Management*

Your doctor will prescribe pain medicine for you. You may have some discomfort in your chest area. You also may have a hoarse voice or sore throat. Do not drive if you are taking narcotic pain medicine.

### *Precautions and Self-care to Speed Your Recovery*

Medicine given during and after your operation will affect you. For 24 hours after your surgery, do **not**:

- Drive or travel alone.
- Run machinery.
- Drink alcohol.
- Sign any legal papers or make financial decisions.
- Be responsible for the care of another person.

The day after your operation, you may:

- Take your usual medicines.
- Shower. Cover your dressing with plastic to keep it dry.
- Resume nonstrenuous activities. You may work from home the next day.