



MEDIASTINOSCOPY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



ACTIVITIES

Rest today. No strenuous activity for 24 hours. No driving for 24 hours.



SPECIAL CARE NEEDED

Keep your dressing dry and in place for 48 hours. After 48 hours you may remove the dressing and shower. Steri-strips will fall off on their own in 7 to 10 days. If you have dermabond (topical skin adhesive) keep dry for 48 hours. Then you may shower. The dermabond will slough off on its own in 5-10 days.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon) or swelling

Call 911 if you have chest pain or shortness of breath