Mediastinoscopy

You have talked with your doctor about the need for mediastinoscopy. The surgery is done by making a small incision in your neck just above the breastbone. Then a thin scope (mediastinoscope) is inserted. This allows your surgeon to biopsy the lymph nodes in the center of the chest (mediastinum) to check for cancer cells or inflammation.

The biopsy results will help your doctor develop a treatment plan.

The surgery does not require an overnight hospital stay.

This pamphlet describes the care before, during and after your surgery. This information will answer many of your questions. Please ask if you have any other questions or concerns.
Before Surgery

Please tell your surgeon or nurse about any allergies and all your medicines, including prescription, over-the-counter, and herbals. In some cases, medicines may need to be stopped prior to surgery. Be sure to follow your surgeon’s guidelines about stopping these medicines.

One Week Before Surgery

Do not take any medicines that contain aspirin or non-steroidal anti-inflammatory drugs, including ibuprofen (Advil®, Motrin®). If you are unsure about which medicines are included in this group, ask your doctor, nurse or pharmacist. Acetaminophen (Tylenol®) can be taken for minor pain, unless instructed otherwise.

Since a hospital stay is not needed, please arrange to have a responsible adult take you home after surgery.

Night Before Surgery

Do not eat or drink after midnight. As instructed, take needed medicines with small sips of water. It is a good idea to shower the night before surgery. All nail polish should be removed.

What to Bring to the Hospital

Please bring:
- Photo ID.
- Medical insurance information.
- Medicare card (for Medicare patients).
- List of allergies and current medicines (including the last time taken).
- Copies of your advance directive, living will or power of attorney (if you have completed these forms).

Please leave all valuables (jewelry, credit cards, money) at home. You may not wear any jewelry during surgery.

Arrival

Please come to Same Day Surgery Reception on the 5th Floor of the Galter Pavilion as instructed by your surgeon’s office or the pre-op nurse. If you were not given a specific arrival time, please arrive 2 hours before the time of your surgery.

Parking is available for patients and visitors in the garage at 222 E. Huron, across from the Feinberg and Galter Pavilions. For discounted rates, please bring your parking ticket with you. Tickets can be validated at the Customer Service Desks on the 1st and 2nd floors of the Feinberg and Galter Pavilions, and on the first floor of Prentice Women’s Hospital.

When you arrive at the registration desk, the staff will check you in and update your information as needed. They will then direct you to the waiting area until you are called by the nurse. The staff will notify you if there is any delay.
You will be escorted to the pre-op area on the 7th Floor, Feinberg Pavilion. Visitors who plan to stay and wait may wish to check in with the volunteer staff in the Surgical Waiting Room on 7 Feinberg. This helps ensure that they can be contacted when your surgery is over.

**Pre-Surgery (pre-op)**
Once in the pre-op area, you will change into a hospital gown. The nurse will review your medical history and take your temperature, blood pressure and pulse. Be sure to tell the nurse the exact time you last had anything to eat or drink. An IV (into the vein) line will be placed into your hand or arm. Medicine is injected into the IV to help you relax.

**During Surgery**
Once you arrive in the operating room (OR), general anesthesia is given. It begins with IV medicine and includes breathing anesthetic gases mixed with oxygen. You will not be aware of the surgery or your surroundings. A breathing tube may be placed into your windpipe to help you breathe during surgery. This is why some patients have a slight sore throat for a day after surgery.

You will be positioned comfortably. The surgeon will make a small incision above your breastbone and use the mediastinoscope to examine and remove lymph tissue.

**After Surgery**
After surgery you will be moved to the recovery area. Recovery time varies with each patient. Pain medicine is given to keep you comfortable.

**Discharge**
Your nurse will assess your readiness to go home. Before going home, you may be given a prescription for pain (if needed), as well as specific guidelines about:
- Incision care.
- Diet.
- Activity.
- Medication (including any new prescriptions and if you should continue any medicines you were taking prior to your surgery).
- When to call the doctor.
- Who to call with questions.
- Follow-up appointments.

If you have any questions or concerns about your follow-up care, please ask the nurse.

**Remember that you must have a responsible adult to assist you in getting home safely.**
**At Home**
You may resume your regular diet and activity, but do not drive or drink alcohol for the next 24 hours.
You may have some discomfort and swelling near the incision site. This should gradually lessen each day.
You may also have mild hoarseness or a sore throat. Tylenol® or ibuprofen usually relieves the discomfort.
You may shower. Do not take a tub bath or go swimming until your incision is completely healed, which is usually in 2 to 4 weeks.
Do not use lotions, creams, or powders near the incision until it is completely healed. Some bruising or redness can be expected. Itching or a small amount of drainage also is normal. Excessive redness, swelling, pain or drainage from the incision may be a sign of infection. Report these signs to your doctor or nurse.
Your surgeon will call you to discuss the biopsy results. This report often takes several days to complete.

**When to Call the Doctor**
Please call your doctor if you have:
- Temperature of 100.5° F or greater.
- Hoarseness that continues for more than a week.
- Increased swelling, redness, or tenderness at incision site.
- Drainage from your incision.
- Shortness of breath.
- Pain not controlled by Tylenol® or ibuprofen.
- Any questions or concerns.

**Health Information Resources**
For more information, visit one of Northwestern Memorial Hospital’s Health Learning Centers. These state-of-the-art health libraries are located on the 3rd floor of the Galter Pavilion and on the 1st floor of the Prentice Women’s Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.
For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.

**Para asistencia en español, por favor llamar al departamento de representantes para pacientes al 312-926-3112.**

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For more information about Northwestern Memorial Hospital, please visit www.nmh.org.
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