# \_\_\_\_\_\_'s Care Guide after Bronchoscopy/Mediastinoscopy/Laryngoscopy/Pharyngoscopy

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# How I may feel and what I should do

# These symptoms are **normal**

## I may feel pain

- My throat will be sore for a few days. I can drink fluids to help.
- The incision at my neck may have some discomfort.
- I should take my pain medication as I've been told.
- I can take Acetaminophen (Tylenol not extra strength) for the pain. I should take 1-2 tablets every 4-6 hours as needed.
- I may have blood-tinged saliva (also called sputum).

### I may feel constipated

- Pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water and eat lots of fruits and vegetables.
- I shouldn't strain or push too hard when having a bowel movement.
- I can take a stool softener like Senokot if I haven't had a bowel movement in 2 days. I should ask my pharmacist if I need advice.

#### I may feel tired

- I should rest when I'm tired. Pain medication can make me feel sleepy.
- I can't drive or drink alcohol for at least 24 hours after I've left the hospital.

#### These symptoms are **not normal**

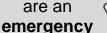
- My incision looks more red or swollen.
- My incision has drainage.
- My temperature is over 38.0°C or I have chills.
- It is hard for me to swallow.

I need to **call my surgeon** or go to the nearest **emergency department** if I can't reach my surgeon.

My notes		



These symptoms





- I have trouble breathing.
- I have chest pain.

I need to call 911.





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<ul> <li>The steri-strips (small strips of tape on my incision on their own in 7-10 days.</li> <li>If they have not fallen off on their own, I can gently the shower after 10 days.</li> </ul>			
🕏 How my activities will change			
Showering			
I can shower 24 hours after my surgery. If I have a bath, I shouldn't soak my incision.			
Daily activities			
<ul> <li>I can go back to my normal activities.</li> <li>I can go back to work unless my doctor advised me not to.</li> </ul>			
Eating			
<ul> <li>I can eat normally after my surgery.</li> <li>I should drink lots of fluids.</li> <li>I can eat soft foods if my throat is sore.</li> </ul>			
Taking medications			
I should follow the instructions on my medication bottle.			
I should take my regular medications, unless my surgeon has told			
me not to.			
My medications My appointments			
☐ I was given a list of medications I need to take. ☐ I was given a list of my appointments.			
☐ I was told why I need to take my medications. ☐ Someone reviewed my list with me.			
I was told about the side effects of my medications	S		
Where I can go for more inform	ation		
For information about	I can call or go to		



