PECTUS EXCAVATUM CORRECTION
DISCHARGE INSTRUCTIONS

Your child has undergone surgery for the correction of pectus excavatum or “sunken chest”. It is important for you and your child to remember that there is a steel bar that goes across his/her chest and this bar will stay in place for about three years. This bar is stable as long as you follow these instructions:

- Your child will need to take it easy for the first four to six weeks after surgery.
- No contact sports. (see attached list)
- Avoid heavy lifting for the first two months.
- No backpacks for three months. Try to use book bags with wheels.
- Walking is excellent exercise and should be done frequently to build up your child’s strength. Your child should begin walking as soon as you arrive home.
- After the operation and for the first month at home, your child needs to remember to bend at the hip, do not slouch or slump down when sitting. Good posture will help keep the bar in place.
- Your child will need to sleep on his/her back the first four weeks after surgery.
- Your child may bathe or shower on the fourth day after surgery.
- Paper Band-Aids (Steri-Strips) on the incisions will slowly come off as your child bathes or showers. They can be completely removed after 7-10 days.
- CPR can be performed. More external force may be necessary due to the surgical bar.
- Defibrillation for cardiac arrhythmia may be performed. Anterior/posterior placement is necessary.
- You will be given a card with medical alert information at your postoperative appointment.
- No MRI's of the chest and thorax. CT scans are allowed – if necessary. MRI's are acceptable for other areas of the body such as head, knee, etc. (You must notify the radiologist about the presence of the bar.)

CALL THE DOCTOR IF ANY OF THESE PROBLEMS DEVELOP:

- Fever
- Continual cough
- Any chest pain that lasts more than 24 hours
- Redness, drainage or swelling at the incision sites under the arms
- Any breathing difficulties
- Any injury to the chest that may cause the bar to move

You will need to make an appointment with the surgeon three weeks after surgery.