

## DISCHARGE INSTRUCTIONS

### PECTUS EXCAVATUM CORRECTION

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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 two years. This bar is stable as long as you follow these instructions:

- Your child will need to take it easy for the first four weeks after surgery.
- No karate, judo, gymnastics, or contact sports for the first three months.
- Avoid heavy lifting for the first two months (this includes heavy backpacks for schoolbooks).
- Walking is excellent exercise and should be done frequently to build up your child's strength.
- 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 may bathe or shower on the fifth 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.
- MRI examination can be performed. The bar may cause artifact if MRI is of the chest or upper abdomen.

CALL THE DOCTOR IF ANY OF THESE PROBLEMS DEVELOP:

- Fever
- Continual cough
- Chest pain especially with deep breaths
- 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.

"This information is of a general nature and is not intended to serve as a substitute for the advice of a physician or other

Qualified health care provider."