



## 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 2 1/2 years. This bar is stable as long as you follow these instructions.

- One person will have to remain home with your child for at least one week to assist with activities such as getting in and out of bed.
- Your child may bathe or shower on the sixth 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.
- Your child will gradually return to normal activities over the first four to twelve weeks after surgery.
  - After the operation for the first month, 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.
  - Avoid heavy lifting for the first two months (this includes heavy backpacks for schoolbooks).
  - No karate, judo, gymnastics, or contact sports for the first three months.
  - Walking is excellent exercise and should be done frequently to build up your child's strength.
- 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 should obtain a MedicAlert bracelet. Engraving => **Pectus Excavatum - Metal bar in chest.** For air travel security issues please refer to the Canadian Air Transport Security website ([www.catsa.gc.ca](http://www.catsa.gc.ca)).

### CALL THE DOCTOR IF ANY OF THESE PROBLEMS DEVELOP:

- Fever and/or 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 have caused the bar to move