

Post-Operative Pectus Excavatum Care Sheet

For after you are discharged from the hospital

Discharge – Two week follow up with Surgeon:

1. Take it easy, do not exert yourself
2. Do not lift anything over your head
3. Do not lift anything over ten pounds- avoid heavy lifting
4. Work on maintaining good posture
5. Sleep on your back for the first 2-4 weeks after surgery
6. Remove your band aids and steri strips 7-10 days after surgery
7. Take your pain medication as prescribed and use ibuprofen three times/day (with meals) the first week or two after surgery.
8. Random pinches of pain are normal, but if they last greater than 24 hours or do not respond to pain medicine, give our office a call as it is likely that you will need a chest xray!
9. Contact our office with any acute changes in chest wall appearance
10. No participation in contact sports as long as the bar is in place – unless otherwise specified by your physician
11. No carrying book bags for three months after surgery, rolling back pack appropriate

Two week follow up – Six month follow up with Surgeon:

Over the next two weeks:

1. Slowly begin to increase your activity level, encourage walking frequently to start
2. You may lift objects up to 10 pounds and slowly increase this weight with time. Listen to your body- if it hurts, stop!
3. You are cleared to lift your arms and any objects over your head
4. Work on maintaining good posture
5. Sleep on your back for the first 4 weeks after surgery
6. Work on building muscles through lifting weights, exercising and focus on your abdominal muscles
7. Continue with ibuprofen as needed but your pain should begin to dissipate after the first month following surgery
8. Random pinches of pain are normal, but if they last greater than 24 hours or do not respond to pain medicine, give our office a call as it is likely that you will need a chest xray!
9. Contact our office with any acute changes in chest wall appearance
10. No participation in contact sports as long as the bar is in place – unless otherwise specified by your physician
11. No carrying book bags for three months after surgery, rolling back pack appropriate

Two months post-operatively:

1. You should be feeling back to your normal self at this point
2. Continue to work on maintaining good posture
3. If you have any chest pain that lasts greater than 24 hours, give our office a call!
4. If you were involved in an accident, were hit hard or are concerned for bar displacement, give our office a call
5. Contact our office with any acute changes in chest wall appearance
6. No participation in contact sports as long as the bar is in place – unless otherwise specified by your physician
7. No carrying book bags for three months after surgery, rolling back pack appropriate

Extras:

- 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
- No MRIs of the chest and thorax. CT scans are allowed if necessary. MRIs are acceptable for other areas of the body