



Center for Pectus Excavatum and Carinatum

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To Whom It May Concern:

_____ underwent surgical repair of a chest wall abnormality (Pectus Excavatum) at Children's Mercy Hospital on _____. This surgery involves the placement of a surgical steel bar under the sternum. Because of this surgery the following restrictions apply:

- May return to school/work 1-2 weeks after hospital discharge date of _____ as tolerated.
- No strenuous physical activity for 1-3 months (for school-age children this includes gym or PE). May return to normal activity as tolerated after 1-3 months with the following restriction:
 - **No contact sports for six months**
 - **No heavy lifting greater than 25 lbs. for 1-3 months**
- No slouching or slumping. Good posture is strongly encouraged.
- Please allow early dismissal from class to avoid collisions in the hall and stairways for 4 weeks post-operatively.
- No MRI examinations of the chest and abdomen. CT scans are acceptable.
- If defibrillation is needed, paddle placement needs to be anterior/posterior (front and back).
- CPR CAN BE PERFORMED. May require more exertional external force.
- Medic alert bracelet recommended. Inscription should state "surgical steel bar in chest."

If there are any questions or concerns, please do not hesitate to contact us.

Sincerely,

The Children's Mercy Pectus Team

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