

Pectus Excavatum Post-Operative Activity Restrictions

www.childrensmercy.org/pectus

To Whom It May Concern,

This patient underwent a minimally invasive repair of pectus excavatum (chest wall abnormality) at Children's Mercy Hospital. This surgery involves the placement of a surgical steel bar under the sternum. The following restrictions apply due to the nature of this surgery:

- May return to school as tolerated
- No strenuous physical activity for 2 weeks following surgery
- May return to normal activity as tolerated after 2 weeks
 - Recommend slowly increasing activities and easing into heavy lifting and contact sports
- No slouching or slumping. Good posture is strongly encouraged.
- 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** but may require more exertional external force.

Medic alert bracelet is recommended. Inscription should state "surgical steel bar in chest". You can find these at identifyyourself.com.

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

Sincerely,

Children's Mercy Surgery Pectus Center

Dr. Shawn St. Peter
Surgeon-In-Chief
Thomas Holder and Keith
Ashcraft Endowed Chair
Director, Pediatric Surgery
Fellowship Program

Dr. Charles L. Snyder
Chief, Section of General
Surgery

Pablo Aguayo, MD
Associate Director Trauma,
Critical Care Burns

Jason D. Fraser, MD
Director, General Surgery
Residents

David Juang, MD
Director, Trauma & Burns

Tolulope Oyetunji, MD, MPH
Director, Health Outcomes
Research

Nurse Practitioners

Beth Orrick, APRN, FNP-BC
Amy Pierce, APRN, PPCNP-BC

Registered Nurses

Lindsay Gore, RN, CPN
Kelly Jones, RN, CPN