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](http://identifyyourself.com).

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

Sincerely,

Children’s Mercy Surgery Pectus Center