# ERAS

**Pectus Excavatum Repair with Bar Placement Enhanced Recovery After Surgery Pathway**

## Before Surgery
- Attend preop visit on the diagnosis, treatment and management of pectus excavatum ([www.childrensmercy.org/pectus](http://www.childrensmercy.org/pectus))
- Sign up for the patient portal
- Perform daily pectus exercises
- Take 1 capful of MiraLAX once daily starting 3 days prior to surgery
- Bathe or shower the night before or morning of surgery. No lotions, oils, powders, or creams after the bath/shower

## Day of Surgery
- Do not eat solid food six hours before surgery
- Finish drinking a carbohydrate-rich drink 2-3 hours before surgery – you must not eat or drink anything a full 2 hours before surgery
- Take pre-operative medication for anxiety, if needed
- A topical patch for prevention of nausea/vomiting will be placed

## During Surgery
- Cryoablation will be performed to freeze the intercostal nerves on each side prior to placing the bar. This will temporarily decrease pain transmission through these nerves.
- Multiple approaches to treat pain and reduce opioid need
- Prevention of post-operative nausea

## After Surgery
- Transition from IV to oral medications as soon as possible
- Combination of medications to treat pain
- Prevention of nausea and tolerate oral intake of food
- Getting out of bed as soon as possible after surgery
- Achieve good pain control
- Review postoperative instructions including recommended pain and bowel medication regimen

## Follow Up
- Monitor recovery and appearance of incisions
- Follow recommended medications and methods for pain control
- Complete the satisfaction survey
- Attend follow-up clinic visit in approximately 2 weeks after surgery

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Developed by Departments of Surgery and Evidence Based Practice
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