

INPATIENT SURGERY POST OPERATIVE INSTRUCTIONS

Parents: Either you or a responsible relative will need to take the child home and stay with them. Make sure your child takes their post operative medications as directed (antibiotics/pain medications), if any were ordered. Contact your child's surgeon if they develop any of the following: excessive bleeding, drainage, redness (from the wound), vomiting, temperature above 101 degrees, the pain medications are not controlling the pain, or if your child has worsening pain, especially with deep breaths or if they have sustained any injury to the chest that may have caused the bar to move.

Your surgeon's office telephone # is (909) 558-7787.

The hospital operator's # is (909) 558-4000; ask for the Pediatric Surgery Resident on call.

Pectus Excavatum Repair (The "Nuss" Bar Procedure)

Bathing: Wound closure with Derma Bond: May bathe the day after surgery.
Wound closure with clear dressing/steri-strips: Do not immerse the incision site in water for 3 days. Clean the site daily with soap and water.

Activity: The following activity restrictions should be followed in order to keep the Pectus bar stable after surgery.

- Your child should take it easy for the first 4 weeks after the procedure.
- Walking is an excellent exercise and should be done frequently to build up strength.
- Encourage good posture. It is important that your child does not slouch when walking.
- Avoid heavy lifting (nothing over 5-10 lbs) for the first 3 months after the procedure. This includes school backpacks.
- Avoid activities that cause body twisting or bending. No contact sports/team/club sports for 3 months after the procedure.
- Students are typically out of school for 2-3 weeks. However, your student may return to school sooner if they feel well enough.
- No swimming until the child is seen in clinic.

Medic Alert Bracelets: It is recommended that your child obtain a Medic Alert Bracelet. This can be ordered at almost any major pharmacy. This inscription should read: "*Surgical steel bar in place under sternum*".

On a wallet card, the following statement should be written: "*CPR may be performed but would be difficult & require more external force. If defibrillation is needed, paddle placement needs to be anterior/posterior*". The inscription on the Medic Alert Bracelet should also serve to assist you in passing through security areas with metal detectors.

Clinic visit: Please call (909) 558-7787 to make a post-op visit for your child with their surgeon. The post-op appointment can be anywhere from 1-2 weeks after the date of discharge from the hospital.

Dr. Baerg: Clinic is Tuesday morning

Dr. Tagge: Clinic is Tuesday afternoon

Dr. Gollin: Clinic is Thursday afternoon

Dr. Moores: Clinic is Thursday afternoon

