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## *Information for You from Your Health Care Team*

### **After Your Pectus Bar Has Been Removed**

#### **What about my child's activities:**

- No gym, sports and strenuous activities for 2 weeks after surgery.
- Your child may return to school in 3 days.
- Quiet supervised reading and playing board or video games are allowed.
- No swimming for 5 days then swimming allowed in a chlorinated pool.

#### **When can I shower?**

Shower after the dressing is removed. The steri strips may get wet, pat them dry.

#### **How should I take care of my child's incision?**

- A clear plastic dressing (tegaderm) that covers white gauze can be removed in 3 days
- The gauze covers small white bandages (steri strips) that will fall off in 7-14 days.
- The stitches holding the incision together do not need to be removed. The body will absorb them.

#### **What medicine should I give my child for pain?**

- You may give your child Tylenol® with Codeine every 4 hours as needed.

Do not give the child any narcotic medicines that contain Tylenol at the same time as regular Tylenol. Narcotic medications containing Tylenol include: Lortab and Vicodin.

#### **What should my child eat?**

- Regular diet
- If vomiting occurs, do not give your child anything to eat or drink for 1-2 hours. Then offer small amounts of clear liquids until your child does not vomit anymore. Then slowly start on their normal diet.

**If vomiting continues please call our office.**

#### **When do I bring my child back to the doctor?**

- You should be seen in 7-14 days after surgery.
- An appointment should have already been made for you and is noted on the papers you received from our office. If it has not been made please call 315-464-2878 during office hours for an appointment

#### **When should I call the doctor?**

- Shortness of breath or difficulty breathing
- Temperature greater than 101
- Redness, swelling, or drainage at the incision site
- Extreme irritability not controlled with pain medication
- Disinterest in eating or drinking (particularly after the first 24 hours)

**Speak Up if You Have Questions or Concerns**