

ERAS



Children's Mercy
KANSAS CITY

Pectus Center

Pectus Excavatum Repair with Bar Placement Enhanced Recovery After Surgery Pathway

<p>BEFORE SURGERY</p>	<ul style="list-style-type: none"> ✓ Attend preop visit on the diagnosis, treatment and management of pectus excavatum (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 	<p>PECTUS CLINIC</p> <hr/>  <p>HOME</p>
<p>DAY OF SURGERY</p>	<ul style="list-style-type: none"> ✓ 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 	 <p>PRE-SURGICAL AREA</p>
<p>DURING SURGERY</p>	<ul style="list-style-type: none"> ✓ 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 	 <p>OPERATING ROOM</p>
<p>AFTER SURGERY</p>	<ul style="list-style-type: none"> ✓ 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 	 <p>OBSERVATION UNIT</p>
<p>FOLLOW UP</p>	<ul style="list-style-type: none"> ✓ 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 	 <p>HOME</p>