PLASTIC
SURGERY
GROUP London

Pectus Excavatum

The funnel chest (or pectus excavatum) is a funnel shaped depression of the centre of the chest (breast bone or sternum) which has developed from birth. In addition to the psychological burden of the apparent deformity, it can also cause pain which limits the quality of life.
Depending on the severity of the depression, different options for treatment are available. One option is the surgical procedure called the Nuss technique, usually performed by the cardio-thoracic surgeons. A metal bar is inserted between the ribs and sternum to compensate for the deformity.
Alternatively, a custom-made silicone implant can be used or with a milder version of pectus excavatum, the volume deficit can be filled with fat injections.

QUESTIONS YOU MAY WANT TO ASK DURING THE CONSULTATION:

- WILI I FEEL THE IMPLANT?
- WILL I NEED TO HAVE THE IMPLANT EXCHANGED OR REMOVED LATER?
- WHAT IS THE ADVANTAGE OF AN IMPLANT OVER FAT INJECTIONS?

INFORMATION ABOUT THE PROCEDURE:

Duration of case: 1.5hours

General Anaesthesia required

Post-operative recovery approximately 2 weeks

No physical activity/sport for approximately 4-6 weeks

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