

Midvalley Animal Clinic

Home Care instructions for orthopedic repairs

Alertness

- Your pet has been given an anesthetic today and will be drowsy and uncoordinated for up to 24 hours. For this reason it is important to keep him/her away from stairs and decks and to keep him/her indoors in a quiet room the first night.

Incision

- The incision should be checked daily for redness, swelling, discharge and pain. Call our office if you are concerned about the incision for any reason. All sutures and staples that can be seen on the outside need to be removed 14 days post-surgery. You can walk in during normal business hours for a suture removal at no charge. **If the skin incision comes open after hours it is not necessary to have the emergency clinic resuture it.** Bandage the open incision if possible; ace bandage or gauze work well. Keep the incision clean and don't let your pet lick the surgery site. **Bring your pet into the clinic as soon as we are open.**

Food and water

- It is all right to make food and water available to your pet once they have their coordination back. Some pets eat right away but others may not eat for a day or two. Many pets are nauseous for 24 hours.

Bandages

- If your pet goes home with a bandage on it usually needs to be rechecked and removed within 3 to 5 days post-surgery. If you have not been given specific instructions please call. Sometimes the bandage needs to be reapplied and there will be a bandage fee. If a bandage slips, seems to be causing discomfort or swelling remove the bandage and have your pet rechecked during regular business hours.

Ice and rest

- You can place an ice pack on your pet's surgical incision for 5 minutes at a time and repeat four times a day for the first 3-5 days or until swelling has gone down. Ice can be an extremely effective form of anti-inflammatory and can reduce pain.

Recheck

- The incision and bandage (if applicable) should be rechecked in 3-5 days at no charge. Sutures or staples can be removed in 14 days at no charge. Further recheck appointments and follow up x-rays will be scheduled at this time. Follow up appointments will depend on the type of surgery your pet has had and how they are healing. There may be additional fees for these follow up for these follow up examinations, rechecks, x-rays, and bandages.

Recheck Appointment:

Special Instructions:

Emergency services: emergency services are available after hours at cottonwood pet E.R. 801-278-3367
The client is responsible for all the fees charged by the emergency clinic

Medications:

- Your pet has been sent home with three types of medication. Antibiotics, NSAID pain medication, and a narcotic like medication. If they are not nauseous they should start their medications tonight. All medications can be given at the same time. Please follow the directions on the label.

Give only as directed by our veterinarian.

1. _____ mg _____ tabs _____ x daily
2. _____ mg _____ tabs _____ x daily
3. _____ mg _____ tabs _____ x daily

Activity Restriction x 8 weeks

- If possible keep your pets indoors for 10 days following their surgery to allow the incision to heal. This is especially important if it is wet outside and they go home with any bandages, if you feel your pet is experiencing pain and needs extra pain medications. Please contact the office if you are concerned.
- Please keep your pet in a comfortable, safe indoor location with no stairs for the first 2 weeks following the procedure. You can make a temporary ramp with a sheet of plywood for large dogs. Your pet may be groggy for the next few days. He or she may whine or appear more anxious than usual; this may indicate pain/discomfort or side-effects of the medications. Please call your veterinarian for assistance with any medication adjustments or return for an examination and additional pain medications as needed.
- Confine to one level/section of the house on carpeted floors. Limited, supervised access to stairs is recommended for weeks 2-6 following the procedure; use baby gates to prevent free access. Use a belly band/sling for safety when walking across slick floors, going up/down stairs and during all physical therapy activities to prevent falling (continue use until pet is steady on operated leg).
- Always use a short leash (4-6 ft) leash when taking your pet outside to urinate/defecate during this restriction period. We do not recommend using a retractable leash. Confine your pet to a small area/room/crate when unattended. Please do not allow your pet to run or jump during this restriction period.
- Your pet should start touching his/her toe down within the first week. Thereafter, leg use should steadily improve. If you notice a sudden deterioration or he/she stops using the leg at any time after surgery, please call your veterinarian for advice. An exam and/or x-rays may be needed to determine if an infection or implant failure has occurred. This may result in additional fees.
- ***Your pet will feel like using the leg normally before the bone is well healed. Please continue the restriction during this difficult time when he/she is feeling “too” well! Failure to do so can result in serious healing problems.***

Physical Therapy Regimen

******our lives are often very busy, so if you must err, err on the "do less" side of these instructions.***

Week 1 & 2:

- **WALKING** : Lay out a path that will allow you and your pet to turn corners and walk around objects on one level of the house with non-slip flooring or in the yard. Place your pet on a short leash . walk slowly enough that your pet has to put each foot down and does not hop.

Week 3 & 4

- **SLOW CONTROLLED LEASH WALKS**: increase time
- **FIGURE 8'S**: simply walk your dog through an imaginary "8" on the ground. Start with a bigger 8 to encourage our dog to regain his balance and increase muscle strength

NOTE: if you notice that your dog is limping or is uncomfortable with the increasing number of reps or exercises, you should revert to the previous weeks level of activity until you feel that your dog is able to tolerate the increased activity.

Weeks 5-6:

- **ACTIVE EXERCISE**: Place your pet on a short leash and have him/her walk at your side. Walk outside on even/solid footing for 20-30 minutes twice daily.
- **CONTROLLED LEASH WALKS WITH HILL WORK** : Let your dog walk slowly up and down an incline. By walking up an incline you are encouraging more weight to be places on the hind limbs. Again make sure that this is slow and controlled.
- **FIGURE 8'S**: Increase repetitions

*****confirm appropriate healing with your veterinarian prior to the following increased physical therapy activities.*****

At 6 weeks you will need to talk to your vet to discuss what activity is appropriate.