

Medication

Appropriate medication to reduce the inflammation and pain will be provided and can be refilled as needed.

In some cases, antibiotics may also be prescribed if infection is a concern.

Rechecks

The post-operative period is monitored by your veterinarian through recheck exams scheduled at specific intervals.

Rechecks are necessary to check that healing is progressing as expected and to catch any problems early so that they might be easily corrected.

Radiographs are often a part of the recheck process and expected radiographs will be noted in your pet's discharge instructions.

Additional rechecks may be necessary if any problems or concerns arise during healing that either you notice or that are picked up by your veterinarian.

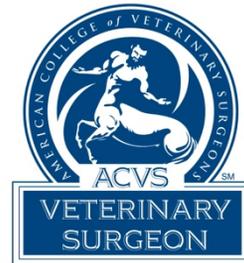
Please note there may be additional charges for any medications, sedation, radiographs, etc. that are deemed necessary to monitor and promote healing of your pet

If at any time you are concerned about the use of the operated limb or your pet's comfort please contact your veterinarian and Dr. O'Brien.

WHY CHOOSE

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- *25 years of Surgical Experience*
- *Quality Service with Individual attention to you and your pet*
- *Surgical service provided in a familiar setting for you and your pet*



Orchard Road Veterinary Surgery

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Preparing Your Pet for Orthopedic Surgery and Recovery



Orchard Road Veterinary Surgery, Inc

A mobile veterinary surgery service

Recovery

Recovery from an orthopedic injury requires a longer period of time than from most soft tissue procedures. ***Three to four months of controlled activity is typical for a good recovery.***

Recovery includes these components:

1. **Surgical site healing**
Time to allow the incision to heal and inflammation to resolve.
(First 2-3 weeks)
2. **Exercise Restriction**
(3-4 months)
3. **Physical therapy** to help improve muscle tone and joint mobility.
(3-4 months)

Incision Care:

The incision should be checked daily. If you note an increase in swelling or bruising, drainage, or loss of sutures with opening of the incision, you should call your veterinarian to check the site.

Do not let your pet chew or lick at the incision. Select an Elizabethan collar or similar collar to prevent this trauma. Cone collars, inflatable or soft cushion donut-type collars are available at your veterinarian, in stores and online. It is helpful to get your pet use to one ahead of surgery.

Applications of an ice pack in a dry cloth to the site for 5 minutes 2-3x a day will help reduce pain and swelling.

Exercise Restriction

It is critical to the success of the surgery to restrict your pet's activity.

No running or jumping on furniture.

No rough play with other dogs.

Your pet needs to be on a leash at all times when going outside until your pet is healed (in general 3-4 months)

During the first two weeks: Only take them outside to go potty and stretch their legs, but no long walks until the incision site is healed.

After the first 2-3 weeks you can gradually increase the length of leash walks outside, weather permitting and based on your pet's overall strength and stamina.

Steps and Stairs: Your pet should be blocked off from stairs so they do not injure themselves or use them too often. When necessary to take steps, go slowly with your pet and limit number of trips.

If your pet is small or short then carry them up and down any steps.

Harnesses and Belly slings:

Can be useful to assist your pet in getting up or supporting them when crossing slippery floors.

You can use non-slip runners/mats on floors and sturdy ramps to get in and out of vehicles or to assist on steps. Try to work with your pet ahead of surgery to get them use to these aids.

Physical Therapy

A combination of controlled activity, passive range of motion exercises and physical therapy tailored for your pet's injury are very important in a successful return to activity.

During the first few days immediately after surgery you can gently massage the muscles around the surgical site and apply ice packs to the area. Slowly getting your pet use to touching the site and alleviating tension. Then you can gradually start the passive range of motion exercises provided in your post-op information packet. A basic physical therapy handout will also be provided.

Consultation with a professional veterinary physical therapist is always beneficial and may be encouraged in certain pets that are resistant to bear weight or have marked muscle atrophy and stiffness.

(Regional PT centers will be listed)

Weight Management

Maintaining a healthy weight is important for your pet's overall health and their recovery. Reduction of caloric intake after surgery limits further weight gain while they are less active.

Actual weight loss can be achieved through a combination of a reduced calorie diet and proper exercise or physical therapy.

Work with your veterinarian on a successful nutritional plan.