

Post-Surgical Discharge Instructions: Orthopedic Procedure

Thank you for trusting us with your pet's care. Proper post-surgical care is essential for a smooth recovery. Please follow the instructions below, and contact us if you have any questions or concerns.

Activity Restrictions

Restriction Level: Severe

Your pet's activity must be **strictly restricted** for the next **6 to 8 weeks** to ensure proper healing and prevent complications.

- **Strict crate or confined area rest is required.**
- **Dogs:** Short leash walks only for bathroom breaks—no running, jumping, or playing.
- **Cats:** Keep strictly indoors with limited space to move around.
- **No stairs, slippery floors, or excessive movement.** Use non-slip rugs or mats for support.
- **Prevent interaction with other pets** to avoid accidental injury.
- **Use an Elizabethan collar (e-collar)** if your pet tries to lick or chew the incision.
- If prescribed, **sedatives (e.g., trazodone) may be used** to keep your pet calm.

Re-Evaluation Appointments

Follow-up visits will be necessary to monitor healing progress. These may include:

- **10 to 14 days:** Suture or staple removal and incision check.
- **4 to 6 weeks:** X-rays to assess bone healing.
- **Additional follow-ups** may be required depending on your pet's progress.

Please schedule your pet's recheck appointments before leaving today.

Pain Management

Your pet has been prescribed pain medication. Please follow the given instructions carefully.

- **Give all medications as directed.**
- **Do not administer human pain medications** (such as Aspirin or Tylenol), as these can be toxic to pets.
- If you notice signs of uncontrolled pain (whining, restlessness, refusal to eat), contact us immediately.

Anesthesia Recovery

Your pet may be **groggy or disoriented** for the next 12 hours due to anesthesia. During this time:

- Assist your pet when moving, as coordination may be temporarily affected.
- Your pet may **vocalize, pace, or appear disoriented**—this can last up to 6-8 hours.
- **Monitor food and water intake**; offer small amounts at first.
- Keep children and other pets away from your pet for at least 18-24 hours.
- A mild **sore throat or cough** may occur due to the anesthesia tube but should resolve within 24 hours.

If abnormal behavior persists beyond 24 hours, contact us immediately.

Incision & Bandage Care

- **Check the incision site daily** for redness, swelling, or discharge.
 - A **small amount of redness and swelling** is normal, but increased inflammation or drainage should be reported.
 - **Do not allow licking or biting of the incision**—use an e-collar if needed.
 - **Do not bathe your pet or allow them to get wet** until cleared by the veterinarian.
 - If your pet has a **bandage, splint, or cast**, keep it clean and dry. Contact us immediately if it slips, becomes wet, or has an odor.
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Rehabilitation & Recovery Tips

- **Cold compress therapy** (if recommended) can help reduce swelling during the first 48 hours.
 - **After 2 weeks**, gentle range-of-motion exercises may be introduced under veterinary guidance.
 - **Physical therapy** may be recommended for long-term recovery.
 - **Controlled leash walking** may begin as advised by your veterinarian.
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When to Contact Your Veterinarian

Please call or text us if your pet experiences any of the following:

- **Vomiting or diarrhea**
- **Loss of appetite** for more than 24 hours
- **Pale gums**
- **Discharge, swelling, or bleeding from the incision**
- **Limping that worsens instead of improves**
- **Difficulty urinating**
- **Labored breathing**
- **Lethargy lasting more than 24 hours**
- **Signs of severe pain (crying, restlessness, reluctance to move)**

If you notice any of these signs, contact us immediately at **606-392-2030**.

We appreciate your commitment to your pet's recovery and are here to help every step of the way!