

# Ball Python Care: The Complete Recovery Standard

---

## 1. The Enclosure: Humidity and Security

---

Ball Pythons require secure, low-stress environments. A 40-gallon enclosure (minimum) is needed for juveniles; adults thrive in 4x2x2ft enclosures. **Humidity is non-negotiable**, requiring a steady 60-80% to prevent respiratory infections and ensure proper shedding. Provide at least two secure, tight-fitting hides (one on the warm end, one on the cool end).

## 2. Thermal Gradient: Essential for Digestion

---

They require a thermal gradient: a cool side of 75-80°F and a warm basking spot of 88-92°F. Use a reliable thermostat with all heat sources to prevent thermal burns. Under-tank heating or overhead heating (DHP or CHE) can be used, provided they are strictly thermostatically controlled.

## 3. Nutrition: Consistent Feeding

---

Ball Pythons are known for being "picky." Offer appropriately sized, humanely euthanized frozen-thawed rodents. Avoid live prey, as it can severely injure your snake. Establish a consistent feeding schedule; juveniles every 7-10 days, adults every 14-21 days.

***THE REALITY CHECK:** Ball Pythons are a 20-30 year commitment. They are secretive, stress-prone animals that require precise environmental control. If you cannot maintain consistent humidity and temperature, do not adopt.*

## 4. Health: Recovery Red Flags

---

- **Respiratory Distress:** Wheezing, clicking, or open-mouth breathing indicates an infection from low humidity.
- **Stuck Shed:** Indicates inadequate humidity; never pull a shed off, instead address the environmental deficiency.
- **Scale Rot:** Caused by unsanitary, wet substrate. Keep the enclosure clean and dry on the surface.
- **Annual Exams:** Vet visits are recommended to monitor for parasites and overall health.

## 5. Enrichment & Sustainability

---

Enrichment involves providing a complex, safe environment with branches for climbing and naturalistic clutter. **Sustainability tip:** Use upcycled hides (large clean ceramic pots or repurposed plastic containers) and naturalistic décor to create a stimulating environment without excess waste.

Recovery Pets | Rescue Like Never Before

For more guides and resource kits, visit: [recoverypets.net](https://recoverypets.net)