

# Rabbit Care: The Complete Recovery Standard

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## 1. The Environment: Space & Flooring

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Rabbits are not "starter pets." They require a minimum of 8–12 square feet of living space, plus a large, rabbit-proofed exercise area for several hours a day. Avoid wire-bottomed cages, which cause "sore hocks." Use solid flooring with soft rugs or fleece. They are easily litter-trained using paper-based bedding.

## 2. Nutrition: Hay is Life

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**Hay (80-90% of Diet):** Unlimited access to fresh Timothy hay is essential for dental and digestive health. Supplement with daily fresh leafy greens and high-quality, plain timothy-based pellets. Avoid "muesli" mixes with seeds or nuts, as these cause dangerous digestive blockages. Limit fruit treats to tiny, occasional rewards.

## 3. Social Dynamics: The Power of Pairs

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Rabbits are intensely social animals. They are happiest when kept in fixed pairs or groups. While human interaction is good, they thrive on the companionship of their own kind. Look for "binkies" (joyful jumps) as a sign of a happy, well-adjusted rabbit.

***THE REALITY CHECK:** Rabbits are a 10+ year commitment. They are delicate, high-maintenance animals that require specific exotic-veterinary care, daily cleaning, and significant indoor space. If you are looking for a pet that stays in a cage, a rabbit is not the right choice.*

## 4. Health: Recovery Red Flags

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- **GI Stasis:** The #1 emergency. If they stop eating or pooping for 12 hours, seek immediate exotic-vet care.
- **Dental Health:** Watch for drooling or sudden changes in eating habits.
- **Spay/Neuter:** Mandatory to prevent reproductive cancers, which are common in unspayed females.

## 5. Enrichment & Sustainability

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Use clean old blankets or towels as cage liners. Create tunnels out of large cardboard boxes—they love to chew and reshape these, providing free enrichment.

**Sustainability tip:** Always prioritize upcycled cardboard and safe household materials over plastic commercial toys.

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