

All Creatures Great and Small Animal Hospital

Orthopedic Discharge Instructions

Activity / Exercise:

- Your pet requires strict confinement and activity for the next 4-6 weeks or until notified by your veterinarian. No running, playing, jumping, off-leash exercise, or stairs should be allowed. All outdoor activity must be under your control on leashing including walks for urination, defecation, and purposeful walks for exercise as directed. All other activity should be avoided unless directed by the surgeon or your veterinarian. Increased level of activity beyond what is recommended increases the risk for complications such as swelling, pain, infection, and healing complications.
- Your pet should be confined while indoors to a crate, or a small room with non-slip surface. All furniture should be removed from the room to no allow jumping. Alternatively, your pet can remain under your direct control on leash while indoors.

Leash walks:

- Duration: 5-10 minutes for the first week, 10-15 minutes for the following 2-3 weeks, gradual increase in length of walks over the following 2-4 weeks until your pet has been released from restriction.
- Frequency: 2-3 times a day. Controlled on short lead with the use of a sling provided.

Incision care:

- Please always use the Elizabethan collar until instructed otherwise. Excessive licking or chewing at the incision increases the risk for infection or delayed healing.
- Some redness, bruising, swelling, or slight red/watery discharge is expected. If you notice excessive, or increasing amounts of any of these, please contact us or your veterinarian.
- Cold compress therapy (cryotherapy): Mix 1 part rubbing alcohol with 2 parts water, place inside (2) quart gallon size Ziploc bags and freeze for minimum 12 hours. Alternatively commercial cold packs, crushed ice, or frozen peas can be used. Apply to the surgical site for 15 minutes, 3-4 times a day.
- Do not bathe or allow pet to swim until directed by your veterinarian. You may use shampoo to clean any soiled areas other than the surgical site.

Diet/Water intake:

- Your pet's water and food intake may be reduced due to medications. Please divide your pet's normal diet or the recommended diet into smaller amounts and feed 3-4 times a day for the first 3-4 days after surgery. Offer small amounts of water several times a day for the first 1-2 days.

Medications:

- These have been provided by your veterinarian. Please follow all dosing recommendations and monitor for adverse reactions as instructed.

Recommended recheck appointments:

- 10-14 days: Incision recheck with your veterinarian
- 4 weeks: Progress exam
- 6 weeks: Progress exam and x-rays