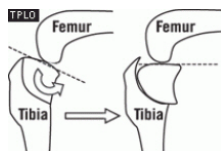


Please remember that because your pet has been hospitalized today he/she may be stressed and may seek excessive amounts of food or water this evening. Please offer small frequent amounts of water and approximately 1/2 the usual portion of food. This is especially important if your pet has received an anesthesia while hospitalized.



Aftercare Instructions for TPLO Surgery (tibial-plateau-leveling osteotomy) Stella Carey

Stella is recovering from (insert which surgery patient had). Below are take home instructions to help ensure recovery is as complete and proper as possible.

Following these instructions are a **crucial** part of **Stella's** recovery. Failure to follow may result in less than satisfactory results.

If you have any questions or issues with at home care, please call us immediately so we can help **Stella** ability to heal the best as possible. **505-275-3647**

1. Please inspect the incision site daily and observe for any abnormalities such as:

- Increased redness and swelling
- Fluid drainage
- Heat production

2. **Do not** allow self trauma (scratching or licking) of the surgical site.
3. An E-Collar is to be kept on until suture removal.
4. No running, jumping, or rough play for the next **12-16** weeks.
5. No bathing for the next **10-14** days until sutures are removed.
6. **Please schedule an appointment to remove sutures in 10-14 days.**

7. **Stella** will be on the following medications:

RIMADYL 100MG: GIVE 1 TABLET BY MOUTH ONCE

DAILY _____

JOINT CARE: GIVE 2 TABLETS BY MOUTH

DAILY _____

Physical Therapy

Week 1 and 2

1. Beginning the first night, please try to apply an ice wrap or pack to the outside of the repaired stifle, for at least 5 minutes every 12 hours or after passive range of motion (**PROM**) exercise.
2. Beginning the first night, short and slow leash walks in the yard **3-4** times daily for elimination purposes only.
3. In **2-3** days, begin performing passive range of motion therapy **2-3** times daily for **10-15** minutes each time.

4. Before each passive range of motion exercise, please use a form of warm compress (moistened/heated towel in plastic bag) to the outside of the repaired stifle for **5** minutes.

Week 3 and 4

1. Basic activities are still limited as above with an increase in backyard leash walks to **10** minutes.
2. Continue warm compress prior to physical therapy.
3. Increase passive range of motion exercise to **15-20** minute intervals.
4. Continue ice wrap/pack after exercise.

Week 5 and 6

1. Continue to limit basic activities with an increase in backyard leash walks to **15** minutes.
2. Continue warm compress prior to physical therapy.
3. Continue passive range of motion exercise at **15-20** minute intervals.

Week 7 and 8

1. Continue to limit basic activities to backyard leash walks at **15** minutes.
2. Please allow additional time to slowly walk up street once daily for **5** minutes only.
3. Warm compress prior to passive range of motion.
4. Continue passive range of motion with an increase to **20-25** minutes.
5. **Please return for recheck x-rays with Dr.Salas at 8 weeks post op. Sedation will occur.**

Weeks 9 and 10

1. Allow more unrestricted indoor activity **except** for flights of stairs and playing with other animals or children.
2. Off leash backyard elimination is allowed with your observation to stop any excessive activity.
3. Short, controlled leash walks away from home are now allowed for **20-25** minutes **3** times daily.
4. Continue passive range of motion as needed or directed by Dr.Salas.

Weeks 11 and 12

1. Please follow the same directions as for weeks 9 and 10, except for leash walks may be increased to **25-30** minutes.

Weeks 13 and 14

1. Follow weeks 11 and 12 except during the walks you may allow a longer lead as well as allow for some brief periods of trotting.

Weeks 15 and 16

1. Follow weeks 13 and 14.
2. Unrestricted indoor activity is now allowed and brief controlled periods running are allowed during leash walks.
3. **Please return for a final recheck examination with Dr.Salas at 16 weeks postoperatively.**

**** After 16 weeks of recovery, your pet is allowed to return to normal activity unless otherwise directed by Dr.Salas.**

**Thank you for the opportunity to serve you and placing your trust in us.
Danois Salas, DVM**

Notify us if you notice a loss of appetite, refusal to drink, severe depression, lethargy, pain, vomiting, diarrhea, or fever. Normal body temperature of cats and dogs taken with a rectal thermometer is 100-102.5. If you have ANY problems or questions, please call us at 275-3647 or if after hrs, please call the Emergency Clinic at 884-3433