

## Femoral Head Ostectomy At Home Care

This information is a general guideline as to what is normal after surgery. Please understand that your pet may heal more quickly or slowly than what is expected. Please call if your pet experiences either a decrease in function or significant increase in pain during the recovery phase.

An FHO removes the portion of the femur that normally forms the hip joint, promoting the formation of a false joint over time as scar tissue develops. Removing the joint will eliminate the source of pain. The average dog or cat will regain 80% of their normal function. Early physical rehabilitation after FHO surgery is important because inactivity can lead to increased scar tissue and decreased range of motion in the joint.

The follow-up care after an FHO procedure is unique among orthopedic procedures as false joint needs to be formed. Restricted activity is not as important as with a fracture or joint repair.

### **Post Op Care:**

- 3 Days after surgery, please start Passive Range of Motion exercises. Do these by very slowly extending the hip by swinging the leg backwards as far back as tolerated. Hold for 15 seconds and repeat 4 times. Continue these until your pet is walking on the leg well.
- 14 Days post op, try to encourage short, 10 minute walks on the leg twice daily. Walk slowly on a leash to encourage your pet to bear weight on the limb. Increase the walks by 5 minutes every week until 4 weeks post op when your pet can return to normal exercise.
- For the first 14 days after surgery, please only take your pet out to go to the bathroom on a leash. After the first 14 days, you can allow your pet to be off leash.

It is common for pets to not bear any weight on the affected leg for up to 14 days after surgery.

Please return in 2-3 weeks for a recheck. Ideally, your pet would wear a cone collar until the recheck appointment to avoid licking or chewing at the incision site.