

TPLO At Home Care

To minimize post-hospitalization complications, please read the following instructions for your pet's recovery. If you have any questions or concerns regarding these instructions, please call 979-822-5953.

General Information:

Your pet is recovering from a major orthopedic procedure which requires continued post-operative home nursing care to facilitate a successful outcome. The care primarily entails restriction of your pet's activity for about 12 weeks. Your pet does not understand the nature of this procedure and will become active in a short time compared to a similar human procedure.

EXCESSIVE ACTIVITY WILL RESULT IN RE-INJURY AND/OR COMPLICATIONS, WHICH MAY REQUIRE FURTHER SURGERY. This leads to additional discomfort for your pet and cost to you.

1. Your pet should begin partial use of the leg within 2 weeks of the surgery, if not please call.
2. Check incision daily. There may be mild redness initially, but not drainage or foul odor. The incision should improve daily
3. It is common for mild swelling at the hock 3-4 days post-operative
4. If your pet was given a protective collar to keep him/her from licking/chewing at the incision, please keep the collar on your pet while he/she is awake, eating, drinking, and sleeping. A pet can remove sutures in minutes or an infection can result.
5. The orthopedic implant your pet has received generally will not require removal. Removal may be needed if persistent lameness, drainage tracts from the skin, persistent licking, or painful swelling to surgical site occurs.
6. **Call if your pet has any of the following:** persistent licking of the incision, chewing at the sutures, persistent lameness, excessive swelling, or drainage at the surgical site.

Week 1:

1. **Restriction of activity is of paramount importance.**
2. Strict confinement indoors to a small room (bathroom/utility room) or an airline kennel.
3. No jumping, no running, no playing with other steps, no stairs, no jumping on or off furniture or beds.
4. Leash walk when taking your pet out to urinate or defecate. When done return your pet immediately to area of confinement.

5. Follow directions of medication prescribed
6. Ice packing: apply to the surgery site for 10-15 minutes 2-4 times a day for the first 2 days.
7. Passive range of motion exercises: flex and extend hip and stifle(knee) for 5 repetitions, 4-5 times a day.

Week 2:

1. **Continue confinement and restricted activity as described in week 1**
2. Heat packing: similar to the cold packing: apply to surgery site for 10-15 minutes 2-4 times a day after the first two days
3. Continue range of motion exercises
4. **Follow up examination by your veterinarian with suture removal at 10-14 days after the surgery.**

Week 3-6:

1. **Continue confinement and restricted activity as described in week 1 and 2**
2. Swimming in pool, under supervision, for 2-5 minutes once to twice a day if possible.
3. Passive range of motion exercises may be discontinued if the patient has begun to use the leg at a slow walk.

Week 7-12:

1. Begin short leash walks for 10-15 minutes, 2-3 times a day
2. **Re-radiograph the affected leg with your veterinarian 12 weeks after the surgery to assess healing.**

If you require a referral or additional aid for rehabilitation, please contact

Texas Canine Rehabilitation

Melisa Merritt, PT, PhD, CCRP

Phone: 979-575-1170; Email: missy77merritt@gmail.com