



Post Operative Care Instructions - TPLO

Please follow these instructions for {AnimalName}, to provide the best conditions for healing and recovery from surgery. If you have any questions, please discuss them with the technician or doctor at the time of discharge.

TODAY AND TONIGHT:

- Always use a leash or carrier to protect your pet.
- Following anesthesia, some pets will be disoriented or groggy for 12-24 hours. Please protect them from stairs or high places, where they might fall. Keep in a controlled temperature, to prevent from over heating or chilling.
- During the procedure, anesthetic gas and oxygen are administered via a tube placed in the trachea. This can sometimes cause minimal irritation and coughing for a day or so. If the coughing persists for longer than two days, please call our office.

Home Rehabilitation and Exercise:

- As we discussed, it is critical that your pet is strictly cage/crate confined at all times, for at least the next 8 weeks (until recheck x-rays document the bone has healed).
- Keep your pet in a cage/crate big enough to stand up, turn around, and lie down with room for a blanket, food and water bowl.
- During this recovery period, do not allow ANY off-leash activity either indoors or outdoors. Take your pet out 3-4 times a day on a leash/harness to use the bathroom.
- No running, jumping on/off furniture, going up/down large flights of stairs, or roughhousing with other pets should be allowed during her recovery period as well.

For the first 10 weeks, please adhere to the following instructions to gradually increase their exercise:

- Weeks 1-2: walk outside to the bathroom only, 3-4 times/day.
- Weeks 3-6: 3-5-minute walks, 3-4 times/day
- Weeks 7-10: 10-15-minute walks, 3-4 times/day

Be sure to walk your pet slowly to encourage placing weight on the operated limb.

Implants: Your pet received a bone plate on their tibia. This implant is meant to stay in for life. However, sometimes there are implant-associated complications (loosening or breaking of the implants) that can develop that require removal of the implants. If your pet ever develops swelling or drainage over the surgery site or suddenly becomes lame on the hindlimb, please see a veterinarian for examination and radiographs of the leg to evaluate if the implants need to be removed. The most common cause of implant failure is overactivity after surgery!

E-collar: Please make sure that your pet always wears their e-collar when not directly supervised to prevent licking or chewing at the incision site and/or bandages. Licking and chewing at the incision sites and wounds can lead to opening of the incision and infection.

Ice pack: Please ice your pet's incision 2-3 times a day for the next 3 days to reduce swelling. Place the frozen comfort pack in a moist towel and cover the incision for 10 minutes.

Incision Care: There are no external sutures that need to be removed. Please monitor the incision for any signs of infection (increased redness, warmth, swelling, discharge, odor, or opening). Do NOT bathe your pet. As stated above, please ice the incision 2-3 times per day for 10 minutes for the next 3 days. An appointment will be made at surgical discharge to check the incision site in 10-14 days.

Diet: Please continue to feed the normal diet at this time. A common sequela of surgery on any joint is the progression of degenerative joint disease (DJD). In order to help prevent developing DJD after surgery it is important to maintain a healthy weight in order to alleviate excess weight on the joints. Due to the recommended cage confinement and reduced exercise, you should reduce the amount of food you are feeding by 25%. So, for example, if you were feeding your pet 1 cup twice daily this would need to be reduced to 3/4 cup twice daily. This will help prevent too much weight gain during cage confinement, as excess weight can be a predisposing factor to cranial cruciate tears to begin with, among other factors as discussed.

MEDICATIONS:

{ConsultMedicationsListSimple}

Please Call/Notify Us If:

- Your pet becomes excessively painful or has a sudden/worsening hindlimb lameness.
- The incision sites appear infected (red, painful, irritated, oozing) or open.
- Your pet begins vomiting or has diarrhea, dark tarry or bloody stool
- Your pet becomes depressed, lethargic (tired) or inappetent (not eating for more than two days)
- Your pet refuses to drink water for more than one day
- You have any questions or concerns

Rechecks:

- In 10-14 days to have the incision checked.
- In 8-10 weeks for a recheck exam and repeat radiographs.

Additional Instructions:

- Your pet has an orthopedic implant in the knee that was needed to stabilize the top of the tibia after it was cut and rotated. The bone now needs time to heal, which is why cage confinement and rest are so vital to recovery.
- Your pet will need to stay calm and confined at home, so cage rest for 8 weeks is required to keep the bone plate intact and to allow the bone time to heal.
- We do want your pet to use the operated leg in a controlled manner; therefore, please keep your pet ON A LEASH when not in the kennel/cage and walk slowly to encourage weight bearing on the affected hind leg.
- Please follow exercise restrictions closely in order to give the operation the best chance of success. The most common reason that implant-related complications are seen with orthopedic surgery is due to improper activity restriction.



Questions? Contact Us:

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