

London Veterinary Services

— in-house surgical referrals —

IMPORTANT DISCHARGE INSTRUCTIONS: Please read this form carefully when you get home.

We have performed a femoral head and neck excision to remove the diseased bone at the top of the femur. The hind leg is then supported by muscle, rather than a rigid joint. This needs to strengthen to take full weight over time. Some dogs take 3 months for a full recovery and hydrotherapy can be essential to achieving a good long-term outcome. Please follow the instructions below very carefully:

- The only exercise permitted during the first 10 weeks of healing is very slow lead toilet walks. After 2 weeks' total rest I recommend lead walks of up to 10 minutes 3-4 times daily for weeks 3-6, increasing to 15-20 minutes 3-4 times daily for weeks 6-10.
- Avoid trotting which exposes the joints to double the intensity of forces compared to slow walking.
- Running and jumping will increase the forces acting on the elbow joints by 5-10 times and should always be avoided for the first 12 weeks.
- Avoid slippery surfaces and stairs which can cause severe stress to joints.
- For most dogs, the only way to avoid the above types of exercise is to use a pen or small room confinement. Please ask the nursing staff about the best options.
- It is also very important that the suture line is protected from self-trauma. Please use the E-collar for 10days. Remember, it can only take a single lick to cause a problematic infection. Any surgical skin wounds should be clean, dry and free from any noxious odours. Please call us if you have any concerns regarding the appearance of the skin wounds.
- Please use the dispensed painkiller as instructed on the labels. Side effects are unusual but include general malaise, vomiting, or diarrhoea. Please call us if you

notice any of these problems or if you think you may have accidentally given the wrong dose.

- We expect all animals to urinate within 24-48 hours of going home, and to defaecate within 4-5 days. If this does not happen, or you notice straining without passing of anything, please phone us for advice.
- The initial reassessment to remove any skin sutures and check limb function is performed in 10 days time. If you have any worries at all regarding instructions for exercise restriction, medications, limb function, or the ongoing plan, please call us. We will give you some advice over the phone, and sometimes organise an early re-check.
- We will perform a re-assessment after 3 weeks, 6 weeks and 10 weeks. Long term some dogs will drop the hip a little when walking this is not related to pain but that there is a muscle sling supporting the hind leg rather than a rigid joint.

Visit us: londonveterinaryservices.co.uk

Passionate about Surgery. Compassionate about Pets.