

# London Veterinary Services

— in-house surgical referrals —

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

We have performed a surgical fusion of the wrist using internal fixation. This procedure is called pancarpal arthrodesis (PCA) and involves the use of internal metal implants to stabilize the injured wrist whilst it slowly fuses. This process takes a minimum of 8-12 weeks. No surgical repair can withstand the rigours of normal exercise, and we must be vigilant to protect the repair very carefully during the early healing phase.

Please follow the instructions below very carefully:

- o The only exercise permitted during the first week of healing is very slow lead toilet walks. After one week start 5 minutes on a lead increasing by 5 minutes twice daily each week to a maximum of 20 minutes two to three times daily
- o Avoid trotting which exposes the surgical repair to double the intensity and frequency of forces compared to slow walking.
- o Running and jumping will increase the forces acting on the repair by 5-10 times, and can cause acute surgical failure.
- o Avoid slippery surfaces and stairs.
- o 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.
- o It is also important that the suture line is protected from self-trauma. Please use the E-collar for the first 10 days. **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.
- o Please use the dispensed painkiller and antibiotic as instructed. 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.

- o 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.

- o The initial reassessment to change the bandage will be in 2 days time. The dressing will then need to be changed weekly for a total of 4 weeks. 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.

- o 10% of dogs will need the plate removed due to infection or implant irritation. This does not affect the final outcome. This will require a second surgery and the costs are not included in the original fees.

- o We will perform a re-assessment after 10 weeks, at which time a sedative will be given to allow radiographs to be taken to assess the progress of bony healing. The exact time of this reassessment will be established at the time of discharge. Please remember not to give any food on the morning of this recheck.

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