

London Veterinary Services

— in-house surgical referrals —

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

We have removed a cartilage flap (OCD) from the shoulder(s) joint(s). In order to allow healing in and around the joint, we must be vigilant to only permit the lowest impact exercise for 12 weeks after surgery. Please follow the instructions below very carefully:

- o The only exercise permitted during the first 12 weeks of healing is very slow lead toilet walks (up to 10 minutes 3-4 times daily for weeks 1-3, increasing to 15-20 minutes 3-4 times daily for weeks 4-12).

- o Avoid trotting which exposes the elbow joints to double the intensity and frequency of forces compared to slow walking.

- o 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.

- o Avoid slippery surfaces and stairs which can cause severe stress to joints.

- 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 Comfort levels should be good straight away and the leg(s) should be used consistently straight after surgery. Most dogs will feel good enough to exercise, and it is the owners' responsibility to prevent them doing so.

- o It is also very important that the suture line is protected from self-trauma. Please use the E-collar whenever you are not around to supervise, or until your surgeon has advised you that it is safe to remove it (generally after the skin sutures have been removed). 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 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.

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 Dogs commonly get seromas (Fluid filled swellings) of the surgical site after this procedure. They should resolve without treatment after a few months.

o The initial reassessment to check limb function is performed in 7 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.

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