

London Veterinary Services

— in-house surgical referrals —

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

Please read this form carefully when you get home. We have performed a trochlea groove replacement to replace the arthritic trochlea groove. The new groove is stabilized using a base plate and screws during the period of bony infiltration into the base plate. This takes a minimum of 8 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 8 weeks of healing is very slow lead toilet walks (up to 10 minutes 2 times daily for weeks 1-3, increasing to 15 minutes 2-3 times daily for weeks 4-8).
- o Avoid trotting which exposes the surgery site 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 which can cause severe stress to the implants.
- 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 should be used consistently within 1-3 days of surgery. Most dogs will feel good enough to exercise, and it is an 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 for 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 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 Hydrotherapy can be started 4 weeks after surgery and physiotherapy 2 weeks after surgery which will speed recovery and improve limb use and range of motion after surgery.

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 check limb function is performed in 7 days time. After that checks should be made at 2 , 4 and 8 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 We will perform a re-assessment after 8 weeks, at which time a sedative will be given to allow xrays to be taken to assess the 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. There may still be some lameness present at this time but this should generally resolve by 3 months post surgery.

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Passionate about Surgery. Compassionate about Pets.