

**Fluffy TEST (CA241B66)**

Visit Report: Thursday, October 31, 2024

**VISIT**

Reason: TPLO

Veterinarian: Justin Harper

Check In: 10/31/24, 12P

Check Out:

**PATIENT**

Fluffy TEST (ID CA241B66)

2 YO X LABR (DOB: Sep 19, 2022)

Canine Labrador Retriever

Weight: None

Microchip #: None

**ACCOUNT**

TEST TEST (ID 233C0)

(848) 318-1071

**HCVSS Post Surgical Care of Femoral Head and Neck Ostectomy (FHNO) surgery**, Completed: 11/05/24, 11A

Veterinarian: Justin Harper

**Now it's your turn!**

Home patient care after orthopedic surgery is critical to the success of the surgery. Allowing your pet too much activity may alter the anticipated outcome of the surgery.

Remember, this surgery is a "salvage" procedure designed to eliminate future arthritis and pain from the damaged or diseased hip joint and although the joint will never be "good as new", most pets will have pain free function of the leg when walking. Your pet will not have "full range of motion" and may experience a slight limp, but this is due to the "false joint" that forms higher up on the pelvis and is not a sign of any pain or discomfort. Many pets will carry the leg when trotting as a result of the limited range of motion of the new joint. Patients without pre-surgical arthritis tend to heal faster and better than patients with arthritis.

Your pet received a peripheral nerve block today to assist in pain management. This may cause your pet to drag their affected leg or "knuckle" for the next 6-12 hours. If you see your pet doing this, please use a harness or a towel to assist them when walking or you can flip their paw over to avoid it dragging on the ground.

**\*\*Do NOT use Librela.\*\* Librela is not a substitute for joint instability secondary to CrCl disease. We have identified some end stage joint destruction with chronic use of aNGFmAb-induced joint destruction.**

**Notes:**

If your pet is less than 1 yr of age when it receives an FHNO, due to the continued growth of dogs and cats at this age, so will grow new bone in the region of the original procedure that may require additional surgery.

If your pet had a femoral head and neck Ostectomy performed simultaneously on each side, you will likely need to provide some support helping your pet to get up on its hind with a support system such as a gingerlead harness system (gingerlead.com) or towel under the back end.

**The following instructions will be your guide to home care:**

(Note: if your pet is walking normally, no matter how soon after surgery, you may stop all rehabilitation exercises but continue leash restriction for a minimum of eight weeks to allow full healing of soft tissues.)

**Week 1:**

1. Set up a consultation within the first 7 days of your pet's post-operative care to assess comfort level, ensure understanding of rehabilitation therapy which will improve and result in quicker return to function for your pet. Kim Barrier, CCRVN (kim@tsvs.net), Texas Specialty Veterinary Services-Mobile Rehabilitation & Conditioning and Underwater Treadmill therapy. Please contact at (800) 707-0167.

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2. Provide pain management with NSAID's the first 14-21 days.
3. Start your pet on a joint supplement.
4. Apply an ice-pack to the hip for 10 to 15 minutes two to four times a day for the first 24 to 36 hours after surgery.

Please go to [www.tsvs.net/videos](http://www.tsvs.net/videos) for better understanding of ice therapy application.

5. If inflammation has resolved after 72 hours, apply a hot-pack to the hip for 10 to 15 minutes two or three times a day.
6. Perform passive range of motion exercise (gently flex and extend the hip); 20 to 30 times, slow repetitions three times a day. Please go to [www.tsvs.net/videos](http://www.tsvs.net/videos) for video example on passive range of motion exercises.
7. Begin slow leash walks of less than 10 minutes three times a day even though your pet will probably not be using the leg at this time.
8. If you purchased a Lick Sleeve for your pet to wear following surgery, please read the information and instructions below:

1. The Lick Sleeve does not take the place of an Elizabethan collar, or "e-collar". When you are not with your pet, the e-collar needs to be put on.
2. If the Lick Sleeve gets wet or soiled, it needs to be removed, washed, and dried before putting it back on. During this process, the e-collar needs to be kept on your pet until the Lick Sleeve is cleaned, dry, and reapplied.
3. We recommend keeping the Lick Sleeve on the pet for an additional 48 hours after the sutures/staples are removed.

We have included some helpful videos about the Lick Sleeve:

Lick Sleeve Instructional Video: <https://www.youtube.com/watch?v=tgBxqrWvj14>

How to Apply the Lick Sleeve on the Rear Leg: <https://www.youtube.com/watch?v=Nf7BChpFfgw>

How to Apply the Lick Sleeve on the Front Leg: <https://www.youtube.com/watch?v=UP46TxwKONI>

Male Dog Urination Instructions with a Lick Sleeve: <https://www.youtube.com/watch?v=rwtBsKoe86M>

9. Your pet has a light bandage covering the incision site called a Hypafix. This is meant to act as a barrier to keep the incision site clean from debris. The Hypafix placed by the TSVS team post operatively can stay on until suture/staple removal and removed by your referring veterinarian at that time. However, if it becomes wet or dirty, it does need to be removed, so the incision site is not compromised. The Hypafix can be removed by your primary veterinarian's hospital staff. If the Hypafix comes off on its own prior to suture removal, that's OK! Please ensure the incision site is kept dry and free from debris until the sutures or staples are removed.

**Weeks 2 & 3:**

1. Apply a hot pack to the hip for 10 to 15 minutes two or three times a day until the swelling has resolved.
2. Stop passive range of motion exercise if your pet is using the leg correctly.
3. Increase the slow leash walks to 10 to 20 minutes three times a day.

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4. Schedule a recheck with your doctor or HCVSS 14 days after surgery to remove any sutures and evaluate range of motion and percent weight bearing.
5. Most patients begin to "toe touch" when standing by week 2, but every pet is different and some may take longer.
6. If you notice your pet's pain level getting worse after the last pain medication, please call and ask for a refill.

#### Weeks 4 & 5:

1. Increase the slow leash walks to 20 to 30 minutes two or three times daily.
2. Have your pet perform 10 repetitions of sit-stand exercises three times a day.
3. Have your pet perform 10 to 15 repetitions of figure-of-eight walks two or three times a day, circling to the right and left.
4. Have your pet sit against a wall for 10 to 15 repetitions two or three times a day, keeping the affected leg next to the wall.
5. If available, swimming exercises for one to three minutes twice a day is helpful.
6. Most pets will be putting some weight on the leg at this point in time on a slow walk but hold it up on a trot or run.

#### Weeks 6 - 8:

1. Schedule another recheck with your doctor six weeks after surgery to evaluate your pet's progress.
2. Take your pet on leash walks for 30 to 40 minutes once a day, slow enough to ensure that your pet is weight bearing on the affected limb.
3. Take your pet on incline walks or hills or ramps for 5 to 10 minutes once or twice a day.
4. Take your pet up a flight of stairs, if available, 5 to 10 times slowly twice a day.
5. Continue swimming if possible.
6. Most pets will be using the leg with a moderate limp at this point in time.

#### Weeks 9 - 12:

At this point, your pet's limping should be slowly getting less and less and activity should gradually return to full activity by the end of 12 weeks.

1. Take your pet on faster 30 to 40 minute walks once or twice a day.
2. Take your pet for a run-straight only, no turns-for 10 to 15 minutes twice a day.

#### Additional Instructions:

1. Licking at the incision should be discouraged because it may lead to chewing at the sutures or staples causing a wound infection. It may be necessary to bandage the leg or use an Elizabethan collar to prevent licking.
2. Feed your pet its regular diet but reduce it by 10% to allow for reduced activity.
3. Mild swelling may occur near incision or low on limbs. Your veterinarian should check moderate or severe swelling immediately.
4. Use of a joint protective supplement is highly recommended for at least six months, if your pet does not have arthritis. If your pet does have arthritis, it is recommended to use this supplement for the life of your pet. There are numerous joint supplements on the market.

Other systemic forms of anti-inflammatory medications to consider are Adequan (you may contact your

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veterinarian if interested).

**Complications**

As with any surgical procedure, complications can occur. Unlike human patients who can use a sling or crutches, our patients do not know enough to stay off a healing leg so restricted activity is a major responsibility of you, the pet owner. Failure to follow these instructions carefully can lead to delayed healing.

The most common complication is delayed healing, where, despite our best efforts individual patients respond slower than others. In larger pets or pets with pre-existing arthritis, it can take up to twelve months for a full recovery. As long as you are noticing some improvement on a month-to-month basis, healing is still progressing. If your pet does not improve after four weeks and the leg use is not satisfactory, physical therapy with a trained veterinary physical therapist can be very rewarding. Rarely, infections can develop and will need to be treated with antibiotics. Notify your veterinarian if you notice any discharge from the incision.

Lastly, some pets will have some contact between the end of the femur and the pelvis entrapping muscles between them and causing pain that can usually be treated with anti-inflammatory drugs. If you have any questions, please feel free to ask your veterinarian or call me at the number above.

**Follow Up Instructions:**

We would highly recommend you purchasing a harness to aide in the recovery of your pet. Please contact Kim Barrier, CCRVN with TSVS Rehab to purchase a harness (800) 707-0167 or at kim@tsvs.net . You may also purchase a harness at [www.helpemup.com](http://www.helpemup.com) or by calling (720) 237-6852.

Recheck in 14 days for suture removal with rDVM or HCVSS

Injected Nocita (extended-release 72 hr local anesthetic) throughout the tissues surrounding the surgical site during closure of fascial and subcutaneous layers.

Your pet has a light bandage covering the incision site called a Hypafix. This is meant to act as a barrier to keep the incision site clean from debris. The Hypafix placed by the TSVS team post operatively can stay on until suture/ staple removal and removed by your referring veterinarian at that time. However, if it becomes wet or dirty, it does need to be removed, so the incision site is not compromised. The Hypafix can be removed by your primary veterinarian's hospital staff. If the Hypafix comes off on its own prior to suture removal, that's OK! Please ensure the incision site is kept dry and free from debris until the sutures or staples are removed.

If your pet is not noticeably improving his/her use of the leg every two weeks, recheck with HCVSS

Set up a consultation within the first 7 days of your pet's post-operative care to assess comfort level, ensure understanding of rehabilitation therapy which will improve and result in quicker return to function for your pet.

● Kim Barrier, CCRVN (kim@tsvs.net), Texas Specialty Veterinary Services – Mobile Rehabilitation & Conditioning and Underwater Treadmill Therapy Please contact (800)707-0167

If you want to do comprehensive physical therapy at home on your own, please visit [www.topdoghealth.com](http://www.topdoghealth.com) and purchase a step by step guide to post-surgical home therapy for pet owners titled FHO- Femoral Head Ostectomy for \$19.95. Please go to [www.tsvs.net/videos](http://www.tsvs.net/videos) for educational videos that



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**Antibiotics**

Start antibiotic as prescribed by Dr. Harper.

**Pain Medications**

Start NSAID as prescribed by Dr. Harper.

Start Gabapentin as prescribed by Dr. Harper.

**Thank you!**

We want to express our heartfelt gratitude for choosing Hill Country Veterinary Surgical Specialty to provide care for your beloved furry friend. We understand that surgeries can be stressful, and we truly appreciate the trust you have placed in us during such a time.

We are privileged to be part of your pet's care journey, and we look forward to serving you and your furry family member in the future.

Wishing you and your pet continued health and happiness.

Warmest regards,  
Hill Country Veterinary Surgical Specialty