



## Post-Operative Instructions: TPLO 6 week milestone

### Summary:

Thank you for returning, and congratulations on making it to the 6 week mark in the recovery! You are through the absolute most difficult part of this surgery, hooray! An x-ray (radiograph) has been taken, and shows appropriate healing (but not complete!) for this stage of recovery. The next phase is literally just as important, and we recommend following the instructions below. We will see you in 4 weeks – sooner if you're having trouble – for what we hope will be the final stage of things. Please study the following instructions:

### Recovery Instructions:

1. Activity:
  - a. In your home, it is ok to allow your pet free range of the house while you are present
  - b. We still recommend small room/crate confinement when you are not there to avoid destructive or explosive behavior (doorbell/postal service)
  - c. Furniture/beds are ok to allow jumping onto and off of
  - d. Stairs are ok to allow free access and unassisted navigation
  - e. *There should be no off leash exercise of any kind*
  - f. In your yard, your pet can be off-leash if a chaperone is present
  - g. No rough-housing or play with other dogs
  - h. We recommend a 2-4 walks per day – we understand that working schedules might not allow this, but ideally 2-4 times of 35-45 minutes of slow walking that encourages limb use – many small walks of shorter duration are infinitely more desirable than one single long walk
  - i. We strongly recommend the expertise of certified, and professionally trained rehabilitation specialists – we work closely with Holistic Veterinary Center in Oakland, Canine Rehab Center in Walnut Creek, and can facilitate a referral easily. Please ask us how!
  - j. Modifications to these instructions:

2. Set-Backs:

- a. Minor 'set-backs' are common once we start the leash walking program
- b. Some muscle and joint soreness is expected, and their presence does signal some important physical milestones (and plateau breakthroughs)
- c. However, too much soreness, and limb disuse is counter-productive
- d. If you notice some soreness – cut back on the walks by 8-10m
- e. Generally, we expect soreness to resolve by the next day, if it does not, skip the walks for 24 hours then resume. If the soreness remains – please call or email us for recommendations.
- f. There are simply some patients that require ongoing medication requirements to get through these plateaus
- g. Modifications to these instructions:

3. Medications

- a. Antibiotics – there should be no further needs
- b. NSAID's – are exceptionally helpful – and in general are our go-to group of medications to relieve soreness encountered during early rehabilitations. We will make recommendations
- c. Tramadol (synthetic narcotic) – at this stage we generally only see the need for this before bed, in the evening, if at all.
- d. Gabapentin – generally unnecessary
- e. Acepromazine/Trazadone: sedatives – this is patient dependent, and some are still helped by their administration
- f. Glucosamines and Omega 3 fish oil – life-time
- g. Modifications to these instructions:

4. Food

- a. Consider a reduction of 20% of regular diet while rehabilitating

5. Recovery

- a. Generally you should see a very linear improvement (eg. Each new day is better than the previous) from this recheck. Minor set-backs are common, and do not affect overall recovery – as long as these slowly begin to diminish through the next 4 weeks
- b. Any type of set-back, especially leading to wound drainage, or non weight bearing lameness longer than 48 hours should be seen by us. Please call.
- c. Modifications to these instructions:

6. Recheck

- a. We will need to see you in 4 weeks for what we hope to be the final evaluation!

7. Questions

- a. Our foremost interest is your pet's rapid and complete recovery: Do not hesitate to call or email any questions or concerns.