

Two-Week Post-Op Evaluation

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Exercise:

*** Continue exercise restrictions as previously discussed on the surgery discharge instructions.**

- The sling should still be used when it is wet or when going down any steps, however it can be removed once your pet is on good footing outside.
- Your pet is only allowed to go outdoors for elimination purposes and must be kept on a leash for 6 more weeks.
- Start with 5-10 minute leash walks two to three times a day for the next 2 weeks with an increase to 10-15 minute walks on a leash starting in 2-4 weeks until your next recheck.
- Jumping, running and playing with other pets is not permitted for at least 6 more weeks.

Medications:

- Pain relieving medications should be continued as directed.
- Pain relieving medications can be used as needed at this time. Please call if you have concerns that your pet is not using the leg or seems painful.
- Please restart the pain relieving medications as discussed.

Rehabilitation Therapy

- No additional therapy is needed.
- Continue range of motion exercises for 6 more weeks. This involves fully extending and flexing the affected limb to allow movement in all joints. Holding the limb for a maximal flexion and extension for 3-5 seconds in each position may be beneficial. 20-30 repetitions should be done during each session. The goal is to be able to flex the limb similar to the normal limb.

Follow up Evaluations:

- Make an appointment with the doctor to have an x-ray of the limb in 6-8 weeks.
- Recheck in _____ weeks.