



FHO Aftercare Information Sheet

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Patient: {PATIENT FULL NAME}

Date: January 31, 2022

Presenting Complaint: {Left/Right} coxofemoral luxation/severe degenerative joint disease

Diagnostics: Previous radiographs revealed luxation/severe degenerative joint disease of the {left/right} femoral head. Preoperative bloodwork was unremarkable.

Diagnosis: {Left/Right} coxofemoral luxation

Surgery: {NAME} had a {Left/Right} femoral head and neck ostectomy performed. {NAME} did well under anesthesia and recovered without incident.

Exercise: Limit activity for the next 2 weeks. Short leash walks are permitted on a leash. No jumping, running, or rough-housing. Do not leave {NAME} off the leash unattended.

Medications:

1. **Rimadyl (___mg):** Give 1 tablet by mouth every 12 hours with food. Please watch for signs of gastrointestinal upset: loss of appetite, vomiting, diarrhea, and black stools. If these signs occur your pet could be sensitive to these medications and they should be discontinued and a veterinarian contacted. This medication was given in hospital at _____.
2. **Gabapentin (___mg):** Give 1 capsule by mouth every 8-12 hours as needed for pain relief. This medication may cause sedation. This medication was given in hospital at _____.

Diet: Normal

Incision: Please check the incision for signs of infection: redness, swelling, pain or discharge. Do not allow {NAME} to lick at the incision. An E collar should be used to keep {NAME} from licking at the incision.

You can ice the incision for the first 4 days. Do this by wrapping an ice pack in a thin towel and placing it on the incision for 10 minutes. Do this 3-4 times daily for the first 4 days. Do not place the ice pack directly on the skin without the thin towel.

After 4 days, you can switch to a warm compress. Do not use an electric heating pad as these can cause burns. The easiest way to make a warm compress is to wet a washcloth and microwave it until its hot. Place it in a plastic sandwich bag. Hold it on your skin for 30 seconds. If you cannot stand to hold it for this time frame, then its too hot for your pet. Again, place it on the area for 10 minutes. You can do this 3-4 times daily for another 4 days.

Suture Removal: Please have the sutures removed by Dr. {RDVM} 10-14 days from the day of surgery. Please make an appointment with Dr. {RDVM} in that time frame.

Physiotherapy: Physiotherapy should be started as soon as {NAME} will allow it. This is done by flexing and extending the hip joint in a bicycle motion three sessions daily for 5 minutes each time. Continue physiotherapy for three weeks.

After week 2: Start sit-to-stand exercises and lay-to-stand exercises. Do this for 5-10 minutes 3 times daily. Also, initiate taking {NAME} on short leash walks, starting with two walks per day (10 minutes per walk). Gradually increase the lengths of the walks over the course of the month until you are walking about 25-30 minutes twice daily. Make sure these walks include some inclines and declines after week 3 at least once per day.

In week 3, you can slowly start to incorporate stairs. For this third week you can start with 3-5 stairs up and down. Do this with your pet on a leash to encourage them to take it slow. Do these stairs twice daily for this first week. Every week, you can double the amount of stairs. You can also “dance” with your pet. Gently lift both forelimbs so the dog is standing on both rear limbs. Also, during your daily walks, begin to incorporate inclines and declines, at least once per walk. Increase the amount of inclines/declines every week.

Physical therapy with a certified veterinary therapist will allow faster and more complete return to function. Please feel free to make an appointment with them at any time. Even if you are not interested in multiple sessions with them, they can teach you at home exercises that you can perform with {NAME}.

Clinician: Joshua Bruce, DVM, DACVS-SA

Thank you for allowing us to care for {NAME}!