



## Lateral Suture Surgery Aftercare Information Sheet

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**Patient:** {PATIENT FULL NAME}

**Date:** January 31, 2022

**Presenting Complaint:** {Left/Right} rear limb lameness.

**Diagnostics:** Radiographs of the {Left/Right} stifle revealed moderate effusion and moderate degenerative joint disease. Pre-operative bloodwork was unremarkable.

**Diagnosis:** {Left/Right} Cranial Cruciate Ligament Rupture

**Surgery:** {NAME} had a lateral suture applied to the {Left/Right} stifle. At surgery, the cruciate was found to be torn, as was the meniscus. The meniscal tear was treated with a menisectomy. {NAME} did well under anesthesia and recovered without incident.

**Prognosis:** Good. We expect {NAME} to have very good function of the limb after uncomplicated healing. Arthritis was found to be already present in the knee at the time of surgery. As a result, heavy exercise or weather changes may cause your pet to experience stiffness associated with the knee. There are medications that can be given to {NAME} to alleviate this if needed (Adequan, Cosequin, Deramaxx, Rimadyl, Previcox, etc).

### Medications:

1. **Rimadyl (\_\_\_mg):** Give \_\_\_ tablets 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. **Cefpodoxime (\_\_\_mg):** Give 1 tablet by mouth every 24 hours with food. This is an antibiotic medication. This medication was given in hospital at \_\_\_\_\_.
3. **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 \_\_\_\_\_.
4. **Glucosamine/Chondroitin sulfate:** I recommend giving a joint supplement with glucosamine and chondroitin sulfate as a life-long supplement. Supplements are not regulated by the FDA, and the actual content of glucosamine in each brand can differ greatly. Veterinary products Dasequin and Cosequin are quality controlled and are the best recommendation for {NAME}. Follow the directions on the bottle. This can likely be filled with Dr. {RDVM}.

### Diet: Normal

It is recommended that {NAME} lose weight. You should be able to feel a dog's ribs easily without seeing them. Also, dogs should have a waist when viewed from the top and from the side. {NAME} probably needs to lose about \_\_\_ pounds. There is a great diet called Hill's Metabolic & Mobility that changes a dog's metabolism to allow them to lose weight. It also has many joint supplements to help with arthritis long term. Feed this diet only, according to the directions on the bag. Do not give any treats or additional food. Alternatively, you can decrease the amount fed of the current diet by 25%. If this does not accomplish the desired weight loss, Dr. {RDVM} can help you formulate a diet plan.

**Incision:** Please check the incision for signs of infection: redness, swelling, pain or discharge. It is common for the ankle to get swollen after surgery (fluid from the surgery site migrates down the leg due to gravity); this swelling usually will resolve within 7-10 days. Massaging and hot packing the area will help the swelling to resolve. Do not allow {NAME} to lick at the incision. An E collar should be used to keep {NAME} from licking at the incision.

**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.

### Exercise:

Month 1: Limit activity to very short leash walks for bowel and urinary purposes. Never leave {NAME} off of the leash outdoors. No jumping, climbing stairs or rough-housing with other pets or people. Strenuous activity can break down the surgical repair that was performed, and thus prevent successful recovery.

Month 2: 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 this month until you are walking about 25-30 minutes twice daily. Always keep {NAME} on a leash and do not allow running, jumping or playing.

Month 3: Gradually return {NAME} to all activities including running, jumping and playing. When initiating a new activity start with short 5-10 minute sessions. Once {NAME} is comfortable with that time frame, gradually increase the length of the play session.

**Physiotherapy:** Cold pack the knee three times daily for 10 minutes at a time for the next 48 hours. You can use a bag of frozen peas wrapped in a thin towel to do this. Thereafter, hot pack the knee three times daily, ten minutes each time for seven days. A hot water bottle can be used as a hot pack (monitor temperature so that it does not burn the skin). Physiotherapy should be started as soon as {NAME} will allow it. This is done by flexing and extending the knee joint three sessions daily for 5 minutes each time (do this after each hot packing session). Continue physiotherapy for three weeks.

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 after the 2 week recheck. Even if you are not interested in multiple sessions with them, they can teach you at home exercises that you can perform with {NAME}.

**Recheck:** Please make an appointment with Dr. {RDVM} 8 weeks after surgery to evaluate {NAME}'s recovery.

Clinician: Joshua Bruce, DVM, DACVS-SA

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