

## How to Prepare Your Home for Your Pet's Upcoming Orthopedic Surgery

### ACTIVITY

Too much activity **before** surgery may result in more serious setbacks including muscle or tendon strains, complications with the meniscus, and disruption of the surgical repair.

Rest is also an important part of your pet's recovery. They will need to be leash-walked controlled for the next 12 weeks. **Running, jumping, and playing are prohibited.**

Avoid stairs if possible. One or two steps to get into the house is okay but we do not advise full staircases. If you cannot avoid stairs, leash walk your pet with a beach towel/sling under the belly and slowly walk them up or down the stairs; please limit the number of times a day. We do sell a product called the "Help 'Em Up" harness that is very useful in these situations. Please inquire at the front desk.

If other pets are at home, it is critical to keep them apart so that your pet isn't tempted to play and get injured.

Level, non-slippery, straight surfaces would be best during the immediate post-operative period. Some owners find it easier to put rugs down or keep them in an area where they will not have to walk on slippery surfaces. Also, having a crate, a small room such as a bathroom, or a confined area in your home, will be the best for your pet's recovery and is recommended. *We do not recommend a crate for a pet that has not been in a crate before.*

### CARE OF SKIN AND INCISION

To help provide additional pain control and reduce surgical swelling, we will ask that you do cold compressions. Please keep a cold pack in the **refrigerator**, not the freezer.

Do not allow them to lick or chew at their incision, as this promotes infection.

You will need to keep an E-collar on your pet until the incision is healed. You may remove it temporarily, but your pet must be supervised closely while the collar is off. There are different products available such as the Lick Sleeve that you could try with/instead of the E-collar.

### FOOD AND WATER

It is not required to change their diet, but some patients appreciate a bland diet of boiled chicken/hamburger and rice for the first few days of surgical recovery. Having canned pumpkin available may be helpful with post-operative constipation.

If you have any questions or concerns feel free to contact us at 774-241-3111 or email at [info@vscsturrbridge.com](mailto:info@vscsturrbridge.com)

Kind Regards,  
Veterinary Specialty Center of Sturbridge