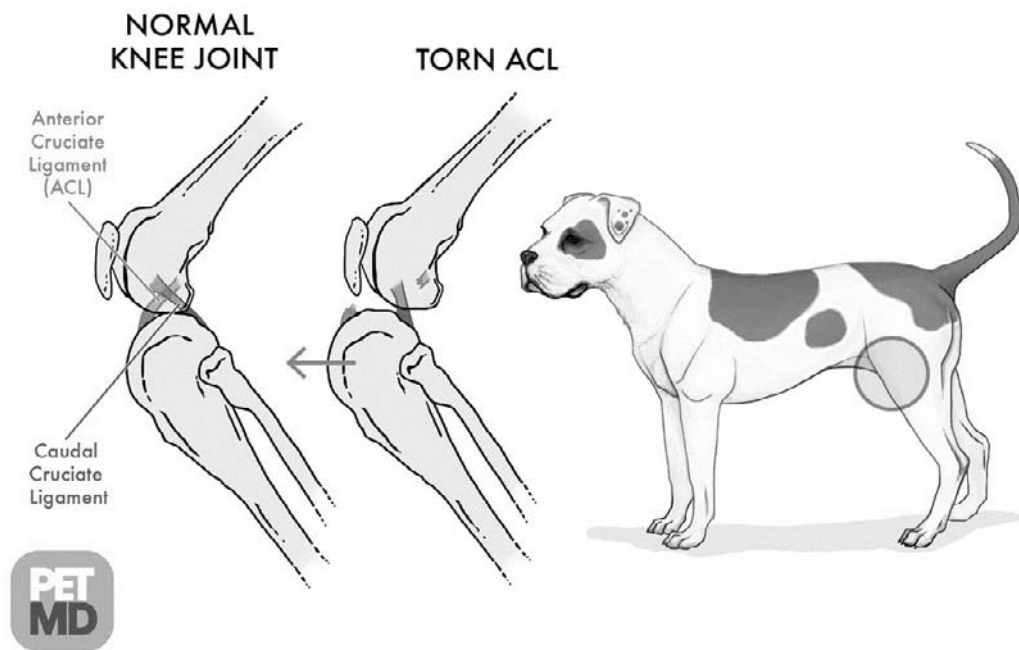


Post-Op Cruciate Handout



Thank you for choosing Avonhead Vets to complete a cruciate procedure on your beloved dog – we can assure you, we have taken every precaution to ensure they have received the best care and treatment, while they have been with us today 😊.

In dogs, the stifle joint is the articulation between the femur (thigh bone), patella (kneecap) and tibia/fibula (shin bone). It is like the human knee and has several important soft tissue structures, including the cranial and caudal cruciate ligaments, the meniscus, and the patellar and collateral ligaments. The cranial cruciate ligament (CCL) is responsible for keeping the stifle joint stable.

PHYSIOTHERAPY AND HYDROTHERAPY

Physiotherapy and hydrotherapy can play important roles in helping speed recovery.

- **Massage:** perform for 5-10 minutes twice a day. Best to have your pet laying on their side. Gently rub the thigh and hip of leg. If your dog resists or appears uncomfortable, try using less pressure or try again when they are calmer. NEVER force massage or any other therapy.

“We understand the special role your pets play in your family. It is our aim to preserve that relationship by providing the best in veterinary medicine, delivered with compassion, integrity and good old-fashioned care.”

- **Cold therapy:** perform for 10-20 minutes, three times a day over next three days. Wrap ice pack/gel pack/frozen vegetables in a light towel and apply over the knee and incision. Cold therapy is extremely important in first 72 hours after surgery.
- **Short & Controlled Leash Walks:** perform for five minutes, 3-4 times per day. Initially, these walks are purely for taking your dog to the toilet. The slower you dog walks the more likely they are to use the repaired limb. Gradually increase over two five-minute walks into 10-minute walks after a week.

More aggressive physiotherapy techniques and hydrotherapy can usually be started from two weeks after surgery.

- Kate Donald – Canine Rehabilitation Practitioner at Wigram Vets.
- Sheryl Mclean – Pet Rehabilitation Therapy.
- The team at Animal Physio NZ

Preventing over activity following cruciate surgery is extremely important. Allowing your pet too much activity too soon can increase the risk of serious complications which could require further surgery to resolve, or, even alter the long-term success of the surgery.

SUPPORTING LEG AFTER SURGERY

Arthritis is prone regardless of treatment, unfortunately. Thus, preventative management is recommended. To help support the joint post-surgery, we recommend the following:

- **Synoquin EFA:** an over the counter joint supplement, that facilitates the production of healthy cartilage and help aid comfortable movement. It contains Glucosamine Hydrochloride (for production of healthy cartilage), Dexahan (Omega 3 fatty acids, for aid joint comfort), Ascorbic Acid (reduce joint stress), Zinc (support healthy cartilage production) & Chondroitin Sulphate (to give cartilage its shock-absorbing properties). You start them on a higher dose for 6 weeks, and then you reduce them to a maintenance dose.
- **Hills Canine J/D Diet:** a complete and balanced food that provides all the nutrition dogs need, to help preserve joint cartilage, maintain a healthy weight and avoid extra stress on joint and supports a healthy immune system. It contains therapeutic levels of omega-3 fatty acids, with glucosamine & chondroitin sulphate and controlled calories & added L-carnitine. There is also a **Metabolic Mobility** version for over-weight dogs.

Should you have any enquiries or further concerns about the post-operative care of your dog, please do not hesitate to phone us at (03) 358 4407 to discuss.

We hope they have a smooth recovery and get well soon!

WARMEST WISHES, THE TEAM AT AVONHEAD VETERINARY CLINIC

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