

## DISCHARGE INSTRUCTIONS – ORTHOPEDIC CASES

**PATIENT:** FLUFFY

**DIAGNOSIS:** CCL Tear

**PROCEDURE:** TPLO

**POST OPERATIVE CARE:** The TPLO procedure went very well, however, precautions still need to be taken to assure adequate healing. Though the leg is stable, it will take 8 to 12 weeks for complete bony union to occur. During this time there are a few steps to follow to assure appropriate healing and return to function.

**INCISION:** There is no bandage on the leg so it is important to not allow any licking or chewing of the incision. **An e-collar should be left in place when Fluffy is not being supervised.** If you notice the incision is red, painful, has discharge or is opening please call Virginia Veterinary Specialists immediately. There is no need to put any ointment or medication on the incision. If the incision becomes dirty you can clean it with mild soap and water.

**SUTURES:** All sutures are internal and will dissolve.

**OR**

Sutures/skin staples will need to be removed in 10-14 days.

**DIET:** During the convalescent period it is advisable to decrease Fluffy's food consumption by 10% to compensate for the lack of activity.

**DEFECATION:** Some of the medications used during anesthesia can slow the GI tract. It may be several days before Fluffy has a bowel movement. There is no need to give Fluffy anything for this. Normal bowel function will return in a few days.

**ACTIVITY LEVEL:** It is important to keep Fluffy's activity to a minimum over the next 8 to 12 weeks while the knee is healing. You will be able to gradually increase Fluffy's activity over this time.

**0-2 WEEKS:** Please keep Fluffy confined to a small room or kennel when not strictly supervised, and allow no off leash activity. Short leash walks should be provided for the purposes of elimination only. **When going outside, Fluffy should have a sling to support the rear end.** The sling is not to carry Fluffy; it is to prevent Fluffy from stumbling or falling. **No running or jumping or explosive activity of any kind should be allowed.**

**2-6 WEEKS:** Short leash walks can be allowed, starting at 5 minutes per walk 2 to 3 times per day. These walks can be increased by 5 minutes each week. Still no off leash and explosive activity is allowed.

**6-12 WEEKS:** Decisions for activity level will be based on Fluffy's recovery at the 8-10 week recheck radiographs.

**PHYSICAL THERAPY:** It is important to allow Fluffy use of the leg to help encourage early return to function. Simple range of motion (R.O.M.) exercises can facilitate muscle strengthening and joint mobility. The affected joints should be taken through flexion and extension; each position should be held for 5-10 seconds. Twenty to 30 repetitions should be performed 2 to 3 times per day. It may help to use a warm compress over the incision prior to R.O.M. and ice pack the incision following R.O.M. in the first 2 weeks. Range of motion exercises will be demonstrated to you during your discharge.

**MEDICATIONS:**

**Carprofen (Rimadyl):** 100mg tablets – Give 1/2 tablet by mouth TWICE daily (about every 12 hours) with food.

The next Carprofen treatment is due at 6p.

Carprofen is a drug referred to as a non-steroidal anti-inflammatory (NSAID). NSAID's are very safe and effective at controlling post-operative inflammation and pain. They can have side effects ranging from mild gastrointestinal upset to more serious intestinal and liver issues. If Fluffy shows signs of gastrointestinal irritation (vomiting, diarrhea, anorexia or dark tarry stool) please stop the medication and call us or your regular veterinarian immediately.

**Tramadol:** 50mg tablets - Give 1 tablet by mouth THREE TIMES daily (about every 8 hours) with food.

The next tramadol treatment is due at 10p.

Tramadol is a pain reliever that may cause some slight sedation. If excessive sedation is noted, decrease the frequency and/or amount of tramadol given.

**Cefpodoxime (Antibiotic):** 200mg tablets- Give 1 tablet by mouth ONCE daily (about every 24 hours) with food.

The next cefpodoxime treatment is due at 6p.

Cefpodoxime is a cephalosporin antibiotic used to minimize the risk of postoperative incisional infection. Cephalosporins can have side effects including gastrointestinal upset and diarrhea. If Fluffy shows signs of gastrointestinal irritation (vomiting, diarrhea, or anorexia) please call us or your regular veterinarian immediately.

**RECHECK:** Serial rechecks will be required until healing is confirmed radiographically. There is no additional charges for the recheck exams or radiographs. If additional medications are required, charges will apply to these items.

**RECHECK SCHEDULE:** Please schedule a recheck appointment at:

**2-3 WEEKS** - Evaluate skin incision and early recovery

**Or**

**10-14 days** – Evaluate skin incision and remove suture/skin staples

**And**

**8-10-WEEKS** Post-operative radiographs and recheck

**If at any time Fluffy stops using the limb, is reluctant to walk or seems increasing painful, please call immediately. If you have any questions or concerns please feel free to call at any time.**