



Patella (Medial/Lateral) Discharge Instructions

INCISIONAL CARE:

Please monitor your pet's incision twice daily for the first 10-14 days after surgery. Some minor swelling, drainage, and bruising may occur, but if it increases or seems excessive please contact us or your Veterinarian immediately.

Please apply cool compresses to the incision for the first 24-48 hours. This can be accomplished using either ice packs wrapped in a towel or a hand towel that has been refrigerated in cold water. Place the compress on the surgical site/incision for 10-15 minutes, 2-3 times a day. After 48 hours, please switch to warm compresses. Warm compresses should be performed 2-3 times a day, for 10-15 minutes each. Use a wash cloth or hand towel placed under warm water. If it is too warm for you to the touch, it is too warm to place on your pet.

EXERCISE RESTRICTION:

Your pet will need to have restricted activity and be under confinement to ensure appropriate healing; the time period varies but is usually 6-12 weeks. This means that he or she should be confined to a small room or kennel with a good non-slip surface at all times. Dogs may be outside for elimination only, using a sling support when walking on any slick surface and on steps until your pet has been released by Dr. Stoll or your Veterinarian.

In addition, confinement will reduce the amount of calories burned by your pet and you may need to decrease their diet by 25%.

WHAT TO LOOK FOR:

Incision complications can be very serious; therefore it is important to keep your pet from licking the incision line. When not directly supervised, it will be necessary for your pet to wear an Elizabethan Collar (e-collar).

Inflammation and swelling of the surgical site can occur post-operatively and in some cases can even form a seroma (fluid accumulation at a surgical site). Compresses will help decrease the chances of these complications and can help decrease the size of a seroma if one were to occur. If you notice excessive redness, swelling, bruising or discharge at the surgical site, or if the incision appears to be opening, please do not hesitate to contact us. We can help determine if what you are seeing is normal for the stage of healing or if further intervention will be necessary.



AT HOME PHYSICAL THERAPY EXERCISES:

After 48-72 hours, please start performing range of motion exercises 2-3 times a day. You want to be careful the first time you perform these exercises as some patients will become agitated, vocalize, or in rare cases bite. Range of motion exercises may be performed standing or lying down depending on your pet. You will put the surgical leg through a “bicycle” motion. This is done by placing one hand on the foot, below the ankle, and one hand in front of and above the knee. You will bend (flex) the knee toward the body, hold for a few seconds (up to ten), then straighten (extend) the leg to a normal position or slightly straighter. Push the leg until you get resistance, but don’t push to the point where there is discomfort. You will perform these for 20-30 repetitions. If your pet resists too much or vocalizes during these exercises, please [contact us](#) immediately.

FOLLOW UP:

Your pet will be sent home on an anti-inflammatory and antibiotic and possibly additional medication. It is important that all medications are given as directed until finished unless otherwise directed. If your pet experiences vomiting, diarrhea, is extremely lethargic or is unwilling to eat, please us or your Veterinarian immediately.

Skin sutures should be removed at 10-14 days post-surgery. Please schedule this appointment with your Veterinarian.

Your dog will have a recheck and radiographs performed at 6 weeks post-surgery. At that point, Dr. Stoll will make recommendations for increasing activity, decreasing restriction, and time of next recheck.

**If you have any questions, concerns, or problems please contact us at
(910) 512-8912 or e-mail: drstoll@ccvss.org**