



## PLAN AHEAD

*Preparing For Your Pet's Return To Home*

*Website: [fetherstonvet.com](http://fetherstonvet.com)*

*Recovery app: [fetherston.bp.vet](http://fetherston.bp.vet)*

## PREPARING THE HOUSE

It is important to have a plan on how and where you are going to restrict and confine your dog during the critical post-operative period. Adequately restricting your dog's activity level plays a major role in successful outcomes. When your dog is alone they must be restricted to a small area or a crate. In preparing for your dog's return home after surgery, please consider the following:

- A dog crate or gated area such as kitchen or laundry room
- Safe footing in the area to prevent slipping (carpet, rugs, yoga mats)
- Confinement options while you are spending time with your pet
- Ramps where needed to avoid stairs and especially jumping

## FAMILY MEMBERS

It will be extremely important to not allow your dog to jump after surgery. Overextension of the stifle (knee) could compromise the repair and slow healing time. Reinforce with all members of the family as well as houseguests that these rules will pertain to the first several weeks of your dog's home recovery. Many family members like to sit with their pets next to them on furniture. As long as your pet does not jump on or off of furniture this is allowed, with caution.

- NO JUMPING on/off bed
- NO JUMPING on/off furniture
- NO JUMPING up on you

## CANINE FAMILY MEMBERS

At no time during recovery is unrestricted activity with other dogs allowed. It is critical that you develop a plan to keep your recovering dog separate from other dogs.

## NO STAIRS

Climbing or descending stairs can overstress your dog's leg after surgery and inhibit repair of the joint. In the beginning stages directly after surgery, for 2-4 weeks, it is critical that you do everything possible to prevent your pet from going up and down stairs. If you have no way to avoid stairs to get your dog into and out of the house, or your dog is too big to carry, please follow these precautions:

- Restrict: Make sure to have a leash attached before opening the door.
- Support: Use a towel or a commercially available sling under their belly.
- Limit: Block off all stairs that your dog could have access to.

## REMEMBER

Wood, laminate, tile and vinyl floors can all be very slippery to your recovering pet. Consider putting down some throw rugs with rubber backing or yoga mats to make it easier for your dog to gain sure footing after surgery.