

Home Care Notes for \_\_\_\_\_

Today I was in hospital for an  Anaesthetic and Orthopaedic / Cruciate Surgery

To ensure that I have a smooth and speedy recovery, please take note of the following guidelines:

**Rest and Confinement**

- it is normal for me to be subdued, sleepy, anti-social and not quite myself for up to 24 hours following anaesthetic
- drowsiness will make me more vulnerable, wobbly and anxious, so confinement is for safety reasons
- keep me indoors overnight, caged, to limit activity and access to hazards and interference from pets or kids
- I will need a soft, clean bed at floor level, in a warm, draught-free, dark and quiet room with windows and doors closed

**Things to Note**

- I may develop a mild cough from the tube inserted to assist with breathing during surgery, this will disappear in a few days
- I may also have a small area of clipped fur on my leg from the IV catheter, blood pressure cuff and/or blood test

**Eating, Drinking and Toileting**

- ensure that clean, fresh water is within easy reach at all times and my head cone can fit over my food and water bowls
- tonight, if I am alert, give me a small quantity of soft food - I may refuse food or vomit after eating as result of the drugs
- toileting should be done in a confined space, a litter tray on the floor for cats and outside, supervised, on a lead for dogs
- changes to toileting frequency and consistency can be expected for 24 hours

**Activity**

- see attached Rehabilitation and Exercise Guidelines for comprehensive details
- running, jumping, playing is COMPLETELY RESTRICTED and swimming is not allowed

**Medication**

- please read labels carefully to ensure meds are given as instructed regarding dosage, frequency and with or without food
- if given with food, ensure that the meds are ingested completely, not eaten by other pets and not expelled with vomit

**Daily Wound Care**

- check my wound is dry and clean - if I chew or lick my wound or stitches, I will need an Elizabeth Collar (Cone) from the vet

**Revisits:**

please bring me in for a free post op check in \_\_\_\_\_ days \_\_\_\_\_

please bring me in for a free removal of stitches in \_\_\_\_\_ days \_\_\_\_\_

please bring me in for a bandage change in \_\_\_\_\_ days \_\_\_\_\_

**IT'S IMPORTANT TO CONTACT THE CLINIC FOR ADVICE OR AN APPOINTMENT IF:**

Your pet is uncharacteristically lethargic, grumpy, agitated, anti-social or in obvious pain

Your pet has excessive vomiting or diarrhoea or is still refusing food and/or water after 12 hours

The wound is bleeding, weepy, swollen, red, gaping or the sutures or bandage have been tampered with

Your pet is licking or chewing at wound, sutures or bandage

You have difficulty administering medication

You have any other concerns or questions

*Thank you for trusting us with the privilege of caring for your pet.*

## Homecare: Rehabilitation and Exercise Guidelines for MMP - Cranial Cruciate Ligament Surgery

Your pet's cranial cruciate ligament failure has been treated surgically using the Modified Maquet Procedure (MMP). The operation is based on a technique developed almost 50 years ago for use in human knees by Dr Maquet, a Belgian orthopaedic surgeon. The operation works by redirecting the force generated by the large quadriceps muscles to compensate for the failed cruciate ligament. This is achieved by cutting free, and moving forward, the part of the tibia (the tibial tuberosity) attached to the quadriceps muscle. The bone cut is called an osteotomy and the osteotomy is stabilised using a modern orthopaedic implant material called Orthofoam. The porous titanium Orthofoam promotes remarkably rapid bone ingrowth and healing, this is the key to the reduced convalescence and minimal pain seen with MMP surgery.

Successful recovery after the knee surgery, no matter which procedure has been used, requires a period of controlled activity. Compared to other procedures, MMP causes less discomfort and while a comfortable, pain free patient is obviously a good thing, many dogs are tempted to use the operated leg too much, too soon. No matter how comfortable and confident your pet is feeling in the days after their MMP operation it is absolutely essential that running, jumping and general "rough and tumble" with other pets is avoided for the first six weeks or so. The bone must be given time to heal adequately and too much strain placed on the osteotomy too early can result in a stress fracture or implant failure and while this is rarely catastrophic, the ensuing complication may be painful and will certainly delay the recovery.

### First and Second weeks after Surgery

Your dog will have a short course of non-steroidal anti-inflammatory drugs (NSAID).

Bandages are not used following MMP because it is important that your pet is able to flex and extend the operated knee freely right from day one. Suture removal is due 10-14 days after surgery. During the first 14 days, your pet should be encouraged to take frequent short leash walks of 5-10 minutes six to eight times daily is a good starting point. It is important that the operated knee joint is returned to use as quickly as possible – concentrate on walking relatively slowly as this will encourage the patient to use the leg.

No other exercise is recommended for the first 14 days.

- It is important to NOT LET YOUR DOG LOOSE TO RUN FREELY in the house, particularly up and down stairs.
- Ideally, your dog should ALWAYS BE ON A LEASH when going outside to toilet during the first two weeks after surgery.
- Swimming is NOT ALLOWED.

### Third and Fourth weeks after Surgery

In the 3<sup>rd</sup> to 4<sup>th</sup> week, the amount of activity can be gradually increased. It is essential that the patient is NOT ALLOWED OFF LEASH. Leash walks can be longer and faster, though take care to ensure that the patient continues to use the operated limb confidently at every step.

### Fifth and Sixth weeks after Surgery

At this stage, the patient will be capable of frequent lengthy (30 minutes or more) leash walks and we will soon be introducing some free running activity. The key to success is a programme of gradually increasing activity. At first, the patient can be allowed off the leash towards the end of the last walk of the day – choose a quiet area with a good surface (a short cut grassy park is ideal) without dogs or any other distractions that might encourage your pet to do too much too soon. Five minutes is enough for the first day off the leash. Subsequently, the amount of free running play and exercise can be increased gradually back towards normal pre-injury levels. Most dogs will be capable of full, unrestricted athletic activity within 12 weeks of their MMP operation. Some residual low-grade stiffness and lameness may still be seen at 12 weeks but this will resolve completely over the subsequent month or two as the patient regains full fitness and the osteotomy completes its healing process.

If there are any issues an x-ray could be taken to confirm that the osteotomy is healing well. Bear in mind that although bone is healing and remodelling will be progressing nicely, full strength will not be established for several more weeks.

**If there are any post-operative complications, further treatment such as antibiotics may be required.**