



# Houston Mobile Veterinary Surgery

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## Patella Luxation Discharge Instructions

### **DIAGNOSIS:**

Patella Luxation

### **PROCEDURES:**

Tibial tuberosity transposition, trochlear recession, and lateral imbrication

**PROGNOSIS:** Good with surgical repair. Complications include infection, dehiscence, seroma formation, implant failure, and re-luxation of the patella.

In most cases the implants remain in place for the remainder of the pet's life. In a small percentage of cases implant removal is needed if the pins are causing complications.

If there is re-luxation of the patella additional surgery may be recommended.

### **INCISION CARE:**

- Please monitor the incision for dehiscence (opening) or for any signs of infection including redness, swelling, heat and discharge. If you see any of these signs, please contact your primary care veterinarian.
- Do not allow your pet to bother (lick, scratch or rub) the incision site. Your pet should wear an Elizabethan-collar at all times when not directly supervised until the incision is healed and sutures or staples are removed. Failure to follow this recommendation could lead to complications at your pet's incision site.
  - E-collars can be purchased from your regular vet, most pet stores or amazon.com
- Do not allow the incision to get wet (no baths or swimming) until the incision is healed.
- Skin sutures or staples, if present, will need to be removed in 10-14 days. Please make an appointment with your primary care veterinarian for this.
- You may continue to cold pack your pet's incision site 3 to 4 times daily for 10-15 minutes each time for the next 3 days to decrease postoperative pain and inflammation. Always place a protective layer, such as a thin towel, between the ice pack and your pet's skin.
- After the 3 days, you may switch to a warm compress 3 to 4 times daily for 3 to 5 more days if the surgical site appears bruised, painful or swollen. Always test the warm pack to make sure it is not too hot and place a protective layer, such as a thin towel, between the warm pack and your pet's skin.

**ALLOWING YOUR PET TO LICK THE INCISION, EVEN FOR SHORT PERIODS, SIGNIFICANTLY INCREASES THE RISKS OF INCISIONAL COMPLICATIONS AND INFECTION.**

### **EXERCISE RESTRICTION:**

#### **WEEKS 1-2**

- Your pet should be confined to a kennel or small room when not directly supervised until there is radiographic evidence that the surgery site is healed.
- No running, jumping, playing with other pets, or uncontrolled off leash activities are allowed.
- Your pet should be allowed to go out only for urination and defecation 3 to 4 times daily and should always be on a leash.
- During the first two weeks your pet can be taken on a short leash walk. This should be limited to 5-10 minutes. Walk them slow enough that they use the operated leg with each step.

#### **WEEKS 2-8**

- If the incision is healed you can increase the length of the leash walks to 20-30 minutes 2-3 times daily.

## Patella Luxation Discharge instructions

- Confinement to a kennel or small room is still recommended.
- Still no uncontrolled activity. No running, jumping, playing with other pets.
- All outside activity should still be on a leash.

### **WEEKS 8-12**

- If radiographs show adequate healing of the surgical site you can increase the activity level over 3-4 weeks until your pet is back to normal activity.
- Keeping them in a kennel is no longer needed
- They can SLOWLY have more time to run, jump, or play. Start with a few minutes of unrestricted activity and add a few minutes each day until they are unrestricted.
- Leash walks can be continued and there is no limit to the duration of the walks.

### **INADEQUATE RESTRICTION OF ACTIVITY IS A COMMON CAUSE OF POSTOPERATIVE COMPLICATIONS AND INCREASED VETERINARY COSTS.**

**DIET:** Your pet can resume their normal diet. If they are not interested in their regular diet you can try plain white rice, chicken breast (unseasoned), and/ or cottage cheese.

### **MONITORING:**

- Your pet should gradually increase the amount of weight that they put on their operated leg.
- They should be using their leg consistently within the first 5-7 days.
- If they are not using his leg consistently within this time period please call us so that we can re-evaluate them.
  
- Your pet may have a decreased appetite following anesthesia and surgery. This is not unusual and is often due to the pain medications and stress of hospitalization. Please monitor your pet's appetite and call us if they are not eating in the next few days.
- Anesthesia and pain medications can cause constipation. It is not unusual for pets to go several days without a bowel movement.

### **MEDICATIONS:**

**The most common medications used after surgery are pain medications and anti-inflammatories. Please follow the directions provided by your veterinarian.**

Non steroidal anti-inflammatory drugs (NSAIDS) are used to treat post operative pain and inflammation. They are typically given for 10-14 days following surgery. Side effects include vomiting, diarrhea, and decreased appetite. If you notice any of these signs or dark tarry stools please discontinue this medication and call your regular veterinarian. If you pet has been on any NSAID or steroid (prednisone) make sure to tell your veterinarian. **Giving more than one type of NSAID, suddenly switching from one NSAID to another, or giving NSAIDS and steroids at the same time can significantly increase the risk of side effects.**

Antibiotics can help decrease the risk of infection but will not replace proper incision care. Most antibiotics are given for 7-10 days following surgery. Just like their use in people not giving the correct dose or not finishing the antibiotic may lead to antibiotic resistance.

### **RECHECKS:**

- Your pet needs to have their incision checked in 10-14 days. Sutures or staples, if present, will be removed at that time and we will evaluate your pet's progress. Please call us or your primary veterinarian to make an appointment for this.
- Re-evaluation is required 8 weeks after surgery. Please call for an appointment. Radiographs will be taken to confirm bone healing. If bone healing has occurred exercise restrictions will be loosened and rehabilitation instructions will be provided. In some cases sedation is needed. Please do not feed your pet the morning of the appointment.

**Thank you for trusting us with your pet's care. They have been a great patient.**

**NOTE: Additional charges may be incurred for any future office visits, radiographs, anesthesia, or procedures.**