

Post-operative care – TPLO Stifle Surgery

Pet Name : _____ **Date:** _____

Your pet has had a procedure to treat Cranial Cruciate Ligament Disease. This procedure involves changing the angle of the knee by cutting through the tibia and rotating it. This is then fixed in place with a plate and screws.

Whilst this is a major procedure it typically results in a swift return to weight bearing over a few weeks.

Caring for your pet after an anaesthetic

Your pet may still be a bit sleepy from the anaesthetic so should be kept warm and quiet at home. The after-effects of the anaesthetic may persist for a couple of days. Offer food and water after the surgery. Your pet will need nutrition to start healing. Any clipped hair will start growing back after a couple of weeks.

Medications: (continue to give any other prescribed medications as instructed)

Medication	Reason	Amount per dose	Frequency of dosing	Length of Course

Post op Appointments:

Post op Check	With	Date	Time	Other Instructions
1				
2				
3				
4				

For VetCW checks, do not feed after 10pm the night before your appointment, but do give water

Post op Instructions:

- Please do not allow your pet to lick or interfere with any surgical wounds and use the buster collar or pet shirt provided.
- Initially strict rest is required. Please do short, controlled walks out to the garden for toileting until the post-op check with VetCW at 2 weeks. Do not allow jumping or stairs, vigorous play with other pets or off lead garden access and consider cage resting if tolerated.
- After post op check 2 and until the 6 weeks post-op x-rays with VetCW you can do multiple, short controlled lead walks for 5-10 minutes 2-3 times a day.

We do hope your pet has a speedy recovery. If you have any issues, please contact your regular practice for advice. They will contact us if necessary but should be able to help with most questions.

Kind regards,

Colin Whiting and the VetCW Surgical team

Physiotherapy Suggestions

Physiotherapy will maximise the success of the surgery. The table below gives a sample plan. Every dog will recover at different rates, so ask if you think recovery is not progressing as well as expected. Do as much physio as you are able; some is better than none.

Week	Exercise
1	<ul style="list-style-type: none"> ▪ Swelling of the knee is common and some bruising may be visible. ▪ Perform 30 repetition of passive range of motion (PROM) exercises 3 times a day. This means moving the joint through its natural movements as far as is comfortable for your pet. ▪ Apply ice packs for 10 mins after the exercises. ▪ Allow short slow lead walks for toileting only. ▪ If your dog is old or overweight and struggling on 3 legs, you can use a towel under their abdomen as a sling. ▪ Avoid steps and prevent from any kind of jumping up. If steps can't be avoided, make sure your dog is fully supported using a towel as described above
2	Apply heat packs before exercise. Increase lead exercise to 10 mins 2-3 times per day and continue with PROM exercises and ice packs.
3	Apply heat packs before exercise. Increase lead walks to 15 mins 2-3 times per day and continue with PROM exercises and ice packs. Start to include uneven ground.
4	Apply heat packs before exercise. Increase lead walks to 20 mins 2-3 times times per day and continue with PROM exercises. Start to include slopes. Ice therapy is not required if swelling has resolved.
5	If normal joint motion is present then heat therapy can be stopped. Continue with lead walks and PROM.
6-8	<ul style="list-style-type: none"> ▪ Start using a longer lead or a flexi lead. Care should be taken to avoid free running and jumping. The key point here is control. ▪ Sit to stand exercises are very good to strengthen the thigh muscles. ▪ Hydrotherapy can be introduced after the 6 week post-op x-rays. This is an excellent rehabilitation aid as it promotes joint movement and muscle strengthening under low impact.
8-12	<ul style="list-style-type: none"> ▪ Off lead exercise can be slowly introduced at the end of a lead walk. ▪ Normal exercise should be resumed by week 12.