



NOR CAL

VETERINARY SURGICAL

AFTERCARE INSTRUCTIONS- Tibial Plateau Leveling Osteotomy (TPLO)

WEEKS 1 through 8: RECOVERY

Goals:

Allow early soft tissue and bone healing, preserve joint range-of-motion

CONFINEMENT

Your Pet's activity must be strictly limited for the first 8 weeks after surgery. This is the most important part of the healing process.

Your Pet must be confined to a crate, pen, or small room at all times. This area must be less than 6'x6' with nonskid flooring and no furniture. Your Pet cannot be allowed to run, jump, play, or roam free in the house as these activities can cause the surgery to fail.

Your Pet must be kept separated from other sources of excitement such as windows, children, or other pets

ACTIVITY LEVEL

WEEKS 1-2

Short, slow leash walks (1-2' lead). Level, nonskid footing. Duration: 1-3 minutes. You may take up to three of these short walks daily.

WEEKS 3-4

Short, slow leash walks (1-2' lead). Level, nonskid footing. Duration: 3-5 minutes. You may take up to four of these short walks daily.

WEEKS 5-6

Moderate, slow leash walks (short 2-4' lead). Level, nonskid footing. Duration: 5-7 minutes. You may take up to five of these short walks daily.

WEEKS 7-8

Moderate, slow leash walks (short 4-6' lead). Level, nonskid footing. Duration: 5-7 minutes. You may take up to six of these short walks daily.

Your Pet must be kept on a leash **AT ALL TIMES** when out of the confined area for the first 16 weeks after surgery.

A sling must be used **AT ALL TIMES** for the first eight weeks. The sling is to be used for balance and as a second set of hands to prevent excessive activity; it does not need to support all of Your Pet's weight.

Your Pet may slowly walk up and down stairs only if you are using the sling and a short leash.

Any sudden, dramatic change in use of the operated limb may indicate a severe problem; please contact us as soon as possible if this is noted.



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TPLO AFTERCARE INSTRUCTIONS P.2

INCISION

Your Pet must wear the Elizabethan collar AT ALL TIMES for the first 2 weeks after surgery to prevent damage to the incision. Any licking or scratching can cause the incision to open up or become infected.

Evaluate the incision daily for signs of infection (increasing redness, firm swelling, heat, pain, or any discharge) and contact your veterinarian if any are noted. A moderate amount of swelling and redness/bruising is normal.

Bathing is only allowed after the skin sutures or staples have been removed.

ICE/HEAT

Days 1-3 after surgery: place a cold compress on the incision for 5-10 minutes every 8 hours. Days 4- 7 after surgery: place a warm compress on the incision for 5-10 minutes every 8 hours.

Range Of Motion (ROM)

Move the affected joint through as full of a range of motion as Your Pet will allow. Some mild discomfort is normal initially but will improve over the next few weeks. Warm compress for 5 minutes before ROM and cold compress for 5 minutes after is recommended.

WEEKS 1-2

Gentle ROM of all joints on the surgery leg every 8-12 hours with 10 repetitions for each joint.

WEEKS 3-4

Gentle ROM of all joints on the surgery leg every 8 hours with 15 repetitions for each joint.

WEEKS 5-6

Gentle ROM of all joints on the surgery leg every 8 hours with 20 repetitions for each joint.

WEEKS 7-8

Gentle ROM of all joints on the surgery leg every 8 hours with 30 repetitions for each joint.

RECHECKS

Please make an appointment to have Your Pet's staples removed in 10-14 days.

Please schedule an appointment eight weeks after surgery for a progress evaluation and X-rays.

Thank you for the opportunity to be a part of Your Pet's care!



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TPLO AFTERCARE INSTRUCTIONS P.3

WEEKS 9 to 16: REHABILITATION and STRENGTHENING

Goals:

Increase muscle mass/strength, regain flexibility, return of full joint ROM

CONFINEMENT

Your Pet's activity must continue to be limited for weeks 8 to 16 after surgery. While the most critical healing has occurred, the muscles are still weak too much activity can cause a delay in recovery. Your Pet must be confined to a crate, pen, or small room at all times when you are not actively walking. This area should be less than 8'x8' with nonskid flooring and no furniture. Your Pet cannot be allowed to run, jump, play, or roam free in the house as these activities can still cause delays in recovery and healing.

Your Pet should be kept separated from other sources of excitement such as windows, children, or other pets.

ACTIVITY

WEEKS 9-10

Moderate, slow leash walks (moderate 4-6' lead). Level to hilly, nonskid footing. Duration: 7-9 minutes. You may take up to four of these short walks daily.

WEEKS 11-12

Moderate, quicker leash walks (6-8' lead). Uneven surfaces, hills, nonskid footing. Duration: 7-9 minutes. You may take up to six of these short walks daily.

WEEKS 13-14

Moderate, quicker leash walks (8' lead). Uneven surfaces, hills, nonskid footing. Duration: 9-12 minutes. You may take up to six of these walks daily. Your Pet may have access to small areas (less than 10'x10') off-leash; no high impact activity and no playing with other dogs yet!

WEEKS 15-16

Moderate, quicker leash walks (8-10' lead). Uneven surfaces, hills, slippery footing. Duration: 9-12 minutes. You may take up to six of these walks daily. Your Pet may have access to larger areas (20x20') off-leash; no high impact activity and no playing with other dogs yet!



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TPLO AFTERCARE INSTRUCTIONS P.4

ROM

WEEKS 8-16

Continue ROM exercises as above: 30-40 full reps for each joint every 8-12 hours applying warm compress before for 5 minutes and cold compress for 5 minutes after.

RECHECKS

Please schedule an appointment sixteen weeks after surgery for a progress evaluation.