

TPLO Post-Op Instructions

**Prevent licking at surgery site*

**Please contact the hospital if any questions or problems arise*

**A successful outcome is dependent upon the strict compliance of the owner and patient*

Crate / Leash confinement is necessary for the first couple of weeks.

Week 1

- Gently massage the thigh and lower leg muscles prior to physical therapy exercises.
- Starting at the toes and working up the leg, perform passive range of motion exercises on each joint. 10 to 20 reps performed on each joint twice daily. This helps alleviate swelling and improves circulation.
- For the first three days, ice pack the surgery site for 5 – 10 minutes twice daily; a bag of frozen peas works very well. *** After 3 days stop ice packing and start using warm towels to help ease stiffness.
- Slow leash walks, less than 10 minutes, three times daily. No off leash activity!
- Give medications as directed.
- Progress exam and incision check, 1 week post-op.

Week 2 – 8

- Continue strict confinement with minimal use of stairs. The dog should be on a leash when going outside. No running, jumping or playing is allowed.
- A 6-week post-op radiograph must be performed to monitor bone healing.
- Week 8 - Schedule the appt.; withhold food in case sedation is required.

Week 9 – 11

Slowly increase the frequency and duration of leash walks. When increasing the level of exercise make small adjustments and allow 5 to 7 days for the dog to acclimate. It is important to watch for clues that the exercise is causing discomfort. If discomfort is seen, decrease the level of activity for a week.

Week 12 - 14

During this time period, the walks are now allowed on a longer leash or lead. This allows the patient the freedom to trot back and forth; thus increasing the usage of the repaired limb. It is important to focus on the dog's comfort during this stage of rehabilitation, do not allow excess exercise that causes discomfort.

Week 15 – 17

At this time the dog is allowed very mild activity off lead. This exercise should be done in an area without other animals or distractions present. The dog should be under the voice control of the owner. No jumping, chasing the ball, Frisbee or playing with other animals is allowed. Avoid any activity where the dog's full concentration is thrown into the activity without any regard for his body.

If at any time in this process the dog seems to suddenly worsen an examination is necessary, please call (970) 249-4490.