

A PHYSIO GUIDE TO

Discharge from Hospital after Surgery



Restriction

Your pet is going to be on a restricted activity plan for a period of time after their surgery. This means that their movement around the home needs to be limited.

All rigorous activity such as running, jumping on and off furniture, stair climbing, rough play etc., will need to be restricted for as long as your surgeon has instructed.

The easiest way to achieve this is by using a crate/pen or a room devoid of furniture for confinement.

Please bear in mind that it is likely that your pet will need to wear a Buster collar at home to prevent them from licking at their wound site so the crate/pen will need to be big enough to accommodate this.





Slipping

It is important that your pet isn't at any risk of slipping; please consider your flooring at home.

If you have a large amount of slippery flooring (such as wooden, laminate, tiles, vinyl, etc.) it may be worth thinking of ways to provide your pet with some kind of traction.

We would suggest temporarily placing old carpet or yoga mats down; this is especially important along the most used routes through your house, such as the route from your pet's crate to the garden.







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Exercise

Your pet is going to be on a restricted activity plan for a period of time after their surgery. This means that we need you to limit their movement around the home. All rigorous activity such as running, jumping on and off furniture, stair climbing, rough play etc., will need to be restricted for as long as your surgeon has instructed.

The easiest way to achieve this is by using a crate/pen or a room devoid of furniture for confinement.

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Home Environment

Other things to consider at home would be to raise your pets food and water bowls. These will help your pet maintain a more correct posture whilst eating and drinking; these should be set to the height just below your pet's collar.

If you have steps in your garden, you may consider covering them with a ramp for the duration of your pet's recovery.

It is best to try and keep your pet calm, so please consider their triggers and try to minimise these as much as possible. If you have a dog who is reactive to the postman or deliveries, it may be worth placing a box outside and a sign on your door to avoid unnecessary ringing of doorbells/knocking. We understand that it is impossible to completely eliminate everything that may upset your pet throughout their recovery, but it is always better to be as prepared as possible.



