

Post Surgical Care of Patella Luxation Repair

Home patient care after orthopedic surgery is critical to the success of the surgery. Allowing your pet too much activity may alter the anticipated outcome of the surgery.

AN E-COLLAR IS MANDATORY FOR 14 DAYS TO PROTECT SKIN INCISION. YOUR PET SHOULD BE MAINTAINED ON LEASH ACTIVITY AND CRATE/CAGE CONFINEMENT FOR MINIMUM OF 8 WEEKS. PLEASE FOLLOW ENTIRE SET OF DISCHARGE INSTRUCTIONS.

Your pet had the following procedure(s) done:

- Imbrication of soft tissues lateral to the knee cap was done to tighten the stretched joint capsule and keep the patella from luxating.
- Deepening of the femoral groove so that the knee cap can seat deeply in its normal position was performed with a patella saw
- Transposing the tibial crest, the bony prominence onto which the tendon of the patella attaches below the knee was done to help realign the quadriceps, the patella and its tendon. This involves cutting a small piece of bone with a surgical saw and holding it in its new location with two surgical pins/screws and for larger dogs, cerclage wire in a figure of 8 fashion (tension band).
- Correction of abnormally shaped femur was repaired by cutting the bone, correcting its deformation and immobilizing it with a bone plate
- Fabellar/patellar large gauge suture placed to anchor the patella in the femoral groove and prevent it from luxating.
- Fabellar/tibial suture placed to correct rotational instability of proximal tibia and align patella tendon to a normal position.

****Do NOT use Librela****

Librela is not a substitute for joint instability secondary to CrCl disease. We have identified some end stage joint destruction with chronic use of aNGFmAb-induced joint destruction.

The following instructions will be your guide to home care:

(Note: if your pet is walking normally, no matter how soon after surgery, you may stop all rehabilitation exercises but continue leash restriction for a minimum of eight weeks to allow full bone healing.)

Week 1:

1. Set up a consultation within the first 7 days of your pet's post-operative care to assess comfort level, ensure understanding of rehabilitation therapy which will improve and result in quicker return to function for your pet. Kim Barrier, CCRVN (kim@tsvs.net), Texas Specialty Veterinary Services-Mobile

Rehabilitation & Conditioning and Underwater Treadmill therapy, Please contact at (800) 707-0167.

2. Provide pain management with NSAID's the first ten to fourteen days unless your pet was pretreated with Prednisolone (cortisone) in which case we need to wait three days.
3. Start your pet on Antinol Plus, a joint supplement by Pet HealthWorks. If your primary veterinary hospital does not carry this product, you can purchase Antinol Plus online at www.antinolplus.com with our TSVS code S6685378.
4. Apply an ice-pack to the stifle for 10 to 15 minutes two to four times a day for the first 24 to 36 hours after surgery if no bandage.
Please go to www.tsvs.net/videos for better understanding of ice therapy application.
5. If inflammation has resolved after 72 hours, apply a hot-pack to the stifle for 10 to 15 minutes two or three times a day if no bandage
6. **Perform passive range of motion exercise (gently flex and extend the knee); 10 slow repetitions three times a day. Please go to www.tsvs.net/videos for video example on passive range of motion exercises.**
7. Precede and follow (before and after) the passive range of motion exercise with massage of the quadriceps muscles (large muscles above the kneecap).
Please go to www.tsvs.net/videos for video example of massage therapy.
8. Begin slow leash walks of less than 5 to 10 minutes three times a day

Weeks 2 & 3:

1. Apply a hot pack to the stifle for 10 to 15 minutes two or three times a day until the swelling has resolved
2. If your pet's limping or pain appears to worsen after running out of pain medication, please call and request a refill for as long as it continues to help.
3. Stop passive range of motion exercise if your pet is using the leg correctly
4. Increase the slow leash walks to 10 to 20 minutes three times a day
5. Continue massage and refill pain meds if stopping caused more limping. **See www.tsvs.net/videos for massage therapy example video.**
6. Schedule a recheck with your doctor ten days after surgery to remove any sutures and evaluate range of motion, limb girth, and percent weight bearing
7. Most patients begin to bear some weight by week 3, but every pet is different and some may take longer

Weeks 4 & 5:

1. Increase the slow leash walks to 20 to 30 minutes two or three times daily
2. Have your pet perform 10 repetitions of sit-stand exercises three times a day
3. Have your pet perform 10 to 15 repetitions of figure-of-eight walks two or three times a day, circling to the right and left
4. Have your pet sit and stand for 10 to 15 repetitions two or three times a day, standing sideways against a wall keeping the affected knee next to the wall so he/she cannot rock their weight off the leg

5. If available, swimming exercises for one to three minutes twice a day is helpful
6. Most pets will be putting decent weight on the legs at this point in time on a slow walk but have a noticeable limp
7. The most important thing is to have observable improvement every two weeks at this point

Weeks 6 - 8:

1. Schedule another recheck with your doctor 8 weeks after surgery to evaluate your pet's progress and to repeat radiographs to evaluate for complete healing of the bone.
2. Take your pet on leash walks for 30 to 40 minutes once a day, slow enough to ensure that your pet is weight bearing on the affected limb
3. Take your pet on incline walks or hills or ramps for 5 to 10 minutes once or twice a day
4. Take your pet up a flight of stairs, if available, 5 to 10 times slowly twice a day
5. Continue swimming if possible

Weeks 9 - 12:

At this point, your pet's healing should be complete and should gradually return to full activity by the end of 12 weeks.

1. Take your pet on faster 30 to 40 minute walks once or twice a day
2. Take your pet for a run-straight only, no turns-for 10 to 15 minutes twice a day

Additional Instructions:

1. Licking at the incision should be discouraged because it may lead to chewing at the sutures or staples causing a wound infection. It may be necessary to bandage the leg or use an Elizabethan collar to prevent licking.
2. Bandages, if used, should always be kept dry and clean. Any odors and/or persistent licking are indicators that there may be a potential problem and **should be checked by your veterinarian immediately**. Bandages and splints should be checked weekly by your veterinarian or veterinary technician.
3. Feed your pet its regular diet but reduce it by 10% to allow for reduced activity.
4. Mild swelling may occur near incision or low on limbs. Your veterinarian should check moderate or severe swelling immediately.
5. Use of a joint protective supplement is highly recommended for at least six months, if your pet does not have arthritis. If your pet does have arthritis, it is recommended to use this supplement for the life of your pet. There are numerous joint supplements on the market, but TSVS recommends Antinol Plus over all the available options. Antinol Plus has no contraindications and no serious side effects. If your primary veterinary office does not carry Antinol Plus, you can purchase online at www.antinolplus.com using the TSVS code S6685378.

Other systemic forms of anti-inflammatory medications to consider are Adequan (you may contact your veterinarian if interested).

Complications

As with any surgical procedure, complications can occur. Unlike human patients who can use a sling or crutches, our patients do not know enough to stay off a healing ligament so restricted activity is a major responsibility of you, the pet owner. Failure to follow these instructions carefully can lead to delayed healing or even failure of the new artificial ligament.

The most common complication is delayed healing, where, despite our best efforts to stabilize the joint, individual patients respond slower than others. Occasionally, your pet may develop a small pocket of fluid called a seroma, around the metal implant for the tibial osteotomy cut. See your veterinarian if this swelling is larger than a grape. If your pet is not using the leg somewhat by three weeks, please call Dr. Harper to set up a recheck. Additionally, if your pet starts using the leg and then stops using the leg or stops improving week by week or worsens week by week, call Dr. Harper to set up a recheck.

If you have any questions, please feel free to ask your veterinarian or call me at the number above.

Follow Up Instructions:

- Support/pressure bandage placed post-operatively to be removed in 24-48 hours / days
- Recheck in ten days: Sutures
- We would highly recommend purchasing a harness to aide in the recovery of your pet. Please contact Kim Barrier, CCRVN with TSVS Rehab, to purchase a harness. (800) 707-0167 or kim@tsvs.net . You may also purchase a harness at www.helpemup.com or call (720)237-6852.
- Please return to pet to for recheck radiographs (xrays) to be taken at 8 weeks following original surgery date.**
- Feed your pet its regular diet but reduce it by 10% to allow for reduced activity.
- Any swelling or redness near the incision should be checked immediately.
- Recheck every 2 weeks after suture removal to evaluate progress
- Start Cephalexin tonight and give for 7 days
- Start Carprofen pain medication tonight and give for 14 days (refill if limp worsens after running out for as long as it is helping)
- Start Gabapentin 10mg/kg BID or Tramadol 3-5 mg/kg TID-QID pain medication tonight and give for 10-14 days (refill if limp worsens after running out for as long as it is helping)
- Weight loss is very important for healing and to minimize risk of rupturing other leg (40-60% chance in all dogs and 75% chance in overweight dogs)
- Start Antinol Plus (joint supplement, see above) or speak with your veterinarian about Adequan injections

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- **Kim Barrier, CCRVN** (kim@tsvs.net), Texas Specialty Veterinary Services – Mobile Rehabilitation & Conditioning and Underwater Treadmill therapy. Please contact **(800) 707-0167**

☒ If you want to do comprehensive physical therapy at home on your own, please visit www.topdoghealth.com and purchase a step by step guide to post-surgical home therapy for pet owners titled MPL-Medial Patella Luxation for \$19.95.

Please go to www.tsvs.net/videos for educational videos that will aide in rehabilitation therapy for your pet during recovery process.

Please send a copy of this form home with the owner!