



Post-Operative Instructions: Canine & Feline Femoral Head and Neck Excision (FHO, FHNE)

Summary: Thank you for trusting us with the care of your pet. The following are guidelines for the post-operative care of pets undergoing FHO/FHNE and are provided for your review. Please note, that FHO/FHNE are procedures designed to relieve discomfort/pain associated with an otherwise un-repairable condition and by definition are considered 'salvage' – and whereas good, acceptable outcomes are achievable, normal functioning of the hip is generally considered unlikely. That said, we do want to provide a general guideline to achieve the highest level of performance that can be achievable. Many small dogs and nearly all cats can achieve performance levels that are near maximum/normal if some of these rehabilitation instructions can be followed. With a FHO/FHNE we always recommend professionally guided rehabilitation by certified experts, in addition to those thoughts the following are recommended:
E-collar strict for 7-10d!

1. Activity (Initial 7-10d):

- a. In your home, it is ok to allow your pet free range of the house while you are present
 - i. NOTE: FELINES - Keep indoors, do not allow outside and try to enforce quiet rest in a small room.
- b. We still recommend small room/crate confinement when you are not there to avoid destructive or explosive behavior (doorbell/postal service)
- c. Furniture/beds are ok to allow jumping onto and off of
- d. Stairs are ok to allow free access and unassisted navigation
- e. *There should be no off leash exercise of any kind*
- f. In your yard, your pet can be off-leash if a chaperone is present
- g. No rough-housing or play with other dogs
- h. We recommend a 2-4 time per day of walks – we understand that working schedules might not allow this, but ideally 2-4 times of 35-45 minutes of slow walking that encourages regular bowel movements.
- i. During leash walks, many dogs can have the e-collar removed during the time of the walk and reapplied immediately after the walks.
- j. Modifications to these instructions:

2. Incision Care:

- a. E-collar – it is essential to prevent self-mutilation to maintain the application of the e-collar at all times (exceptions for walks – see above) if your pet does mutilate the surgical site, please notify us immediately – it is likely to require revision surgery on an urgent basis
- b. Cold Compress:
 - Please cold compress the affected area every 6-8 hours for 10 minutes for the next 5 days.
 - To do so, use a professionally made ice pack or bag of frozen peas, etc and place in a plastic bag.
 - Wrap a small washcloth around this bag and then you may apply this directly over the site.
- c. Modifications to these instructions:

3. Medications:

- a. Antibiotics – will be sent depending on the surgery for 5-14days
- b. NSAID's – are exceptionally helpful – and in general are our go-to group of medications to relieve soreness encountered during early recovery. We will make recommendations
- c. Tramadol (synthetic narcotic) – generally helpful for the first 2-5days post-op.
- d. Fiber/Stool Softeners – will sometimes be prescribed if constipation is a concern.
- e. Gabapentin – this is patient dependent.
- f. Acepromazine/Trazadone: sedatives – this is patient dependent, and some are still helped by their administration
- g. Modifications to these instructions:

4. Food:

- a. Consider a reduction of 20% of regular diet while rehabilitating
- b. Generally recommended added fiber to the diet – approx. 1 tablespoon of canned pumpkin per 20 pounds of body weight

5. Recovery/Rehabilitation:

- a. Hind Limb Passive Range of Motion Exercises:
 - Gently flex the back leg to the point of discomfort (back off at that point) and hold for 10 seconds.
 - Then, completely extend and hold for 10 seconds.
 - This constitutes one complete repetition.
 - Please do 20 repetitions 3 times daily for 4 weeks starting 3 days after surgery.
 - Start this 3 days after surgery.**
- b. Modifications to these instructions:

6. Recheck:

- a. We will need to see you in 7-10 days for suture removal.
- b. We will need to see you in 6 weeks to assess function.

7. Questions:

- a. Our foremost interest is your pet's rapid and complete recovery: Do not hesitate to call or email any questions or concerns.