



Post-Operative Instructions: Simultaneous Lateral Suture Stabilization (ECS) for correction of ACL and Wedge augmentation and soft-tissue repair for Patellar luxation (MPL) correction

Summary: Thank you for trusting your pet to our surgical care. Your pet was diagnosed with a ruptured cranial cruciate ligament (knee joint ligament) and a luxating (dislocating) patella (knee-cap). This is a complex derangement (instability) of the knee for which we've applied a sensible and sound approach to correction. However, an enormous part of the success of this procedure relies on meticulous compliance to after-care instructions below.

The surgery we've performed will help stabilize the knee: nylon suture material was passed from the fabella ( the bone behind the thigh bone) to a hole created in the tibia tuberosity (bony prominence below the knee). This suture immobilizes the bones with respect to one another, effectively performing the function of the ligament. Furthermore, the patella sits in a groove at the front part knee - and this groove required recontouring and deepening to allow the patella to sit more securely and deeply within this recess to reduce the likelihood of relaxation. We've performed a 'classic' wedge or block recession.

It is essential to allow your pet time to heal and to avoid re-injury during recuperation!

Please strictly follow the instructions below.

Recovery Instructions:

1. Activity:

- No running, jumping, free access to stairs, or rough playing with other pets or children.
- Do not allow any unrestricted or off-leash activity, or free access to stairs or slippery floors.
- Restrict activity for the next 8-12 weeks to allow complete healing of the surgical site.
- Activity must be limited to very short leash walks three times daily for the purpose of going outside to the bathroom only.

- Confine your pet to an enclosed area such as a small room, dog run or dog crate.
- After recheck examination confirm adequate healing at 8 weeks postoperatively, you may gradually return your pet to full activity.

## 2. Incision:

- The incision, and surgical site was temporarily covered with a light-compression wrap. This wrap is NOT necessary for the success of the surgery - it was placed mainly to immobilize the limb, to slow down your pet during the first few days at home, and to discourage jumping - this bandage is meant to be removed in 3-5 days
  - Note well: bandages on the back leg of dogs and cats frequently slip - and due to the shape of their thigh there is NO WAY to make this bandage not slip
  - **Note well: if the bandage slips below the incision by more than 2-3 inches - even if it is before the 3-5d recheck - the bandage should be removed**
- Monitor the incision daily for signs of infection such as increased redness, swelling or discharge. If you observe any of these signs or if the surgical site suddenly becomes painful to the touch please call us immediately.
- If your pet licks the incision, he/she must wear an E-collar until the staples are removed as licking can provide a source of infection.
- Keep the incision clean and dry (do not apply anything to the incision).
- No bathing or swimming for 14 days.

## 3. Medications:

- Give all medications as directed and call us if you believe your pet is having an adverse reaction to any of the prescriptions.
- If your pet loses his/her appetite, begins vomiting or develops diarrhea or dark/tarry stools please call us immediately.

## 4. Food: Your pet should have access to water at all times and eat his/her normal diet.

## 5. Recovery:

- Your pet should show steady, continual improvement.
- If he/she seems lethargic, acutely painful or simply not doing well please call us immediately.
- Your pet should progressively improve his/her ability to walk on the operated limb. Many patients will not walk on the limb initially but begin to walk on it over the next several weeks.
- If your pet is not touching the leg down and using it within 10 days of surgery, call us.

## 6. Recheck:

- Please schedule a quick visit in 3-5d to have us remove the bandage (only if one was placed post-operatively)

- Please schedule an appointment for suture/staple removal 10-12 days after surgery.
- Please schedule a second appointment 8 weeks after surgery for an examination to check progress and ensure your pet is doing well.

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7. Questions:

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