

## **Tibial Plateau Leveling Osteotomy (TPLO)**

Your dog has received a tibial plateau leveling procedure as treatment for rupture of the cranial cruciate ligament. Your pet's satisfactory recovery is our prime concern. Success or failure depends largely on the quality of home care your pet receives after it is discharged from the hospital. To achieve maximum benefit and minimize potential complications, carefully read this handout and any other attached materials pertaining to postoperative care and rehabilitation of your pet.

**E-COLLAR:** Please *prevent* injury to the incision by keeping the Elizabethan collar on at all times. Your pet should only need to wear the collar until the sutures or staples are removed. Failure to protect the surgery site from injury by your pet may have serious consequences.

**INCISION:** Evaluate the incision once daily for signs of infection including *progressive* redness, swelling, oozing, heat, pain, and/or separation of the skin edges. Early detection and treatment of infection can markedly improve outcome. If signs of infection are present, please contact the Belmont Shore Veterinary Hospital at 562-961-0028. Your pet's staples/sutures should be evaluated at your recheck appointment in 10-14 days. Please schedule an appointment today.

**EXERCISE RESTRICTIONS:** Following surgery, rest is the most important factor in recovery. Successful recovery and maximal return to function is contingent upon careful and controlled rehabilitation. Excessive activity during the early postoperative period will jeopardize the surgical repair resulting in additional surgery, discomfort, and expense. However, proper rehabilitation typically results in an uneventful and comfortable recovery, faster healing, and the return to a high level of function. Therefore, we recommend the following during the first 8-12 weeks of your pet's recovery:

- When unsupervised, please confine your pet to a single small room or crate.
- Keep your pet off slippery surfaces.
- If your pet is unsteady, you can provide assistance with standing and walking by passing a beach towel under the abdomen, like a sling, and using it to support the pet's weight in its hind end. If you need help understanding how to do this properly please ask our staff; we can demonstrate the technique for you.
- Limit your pet's activity to brief on-leash trips outdoors to eliminate waste.
- Absolutely no running, jumping, playing with other dogs or access to stairs is allowed.
- Even small walks around the block are discouraged until complete healing of the osteotomy is confirmed.

Once the osteotomy has healed (average 12-16 weeks), we will provide you with instructions regarding how to *gradually* rehabilitate your pet to full function over an additional 8 weeks.

**NOTE:** If you find that your pet is unwilling to cooperate with the recovery process (wants to run and play), oral sedatives may be necessary. Please feel free to discuss this option with our doctors if you feel it may be a necessary alternative for your pet.

### **MEDICATIONS:**

1. Pain Management – Your pet will be provided with a non-steroidal anti-inflammatory pain medication (NSAID) such as Rimadyl or Previcox. Carefully follow the instructions listed on the bottle detailing proper dosage and frequency of administration. This medication may be discontinued early if your pet is excessively active in the immediate post-operative period. The side effects of NSAIDs are primarily gastrointestinal upset and, rarely, organ dysfunction resulting in signs of illness such as vomiting, poor appetite and/or diarrhea. If your pet exhibits any of the above signs, discontinue all medications immediately and contact Belmont Shore Veterinary Hospital.