



TPLO Surgery Aftercare Information Sheet

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Surgery: Your pet had a **[right/left]** TPLO performed. At surgery, the cruciate ligament was found to be completely torn. Also, the medial meniscus was torn. The meniscus was treated with a meniscectomy and the TPLO was performed without complication. Your pet did well under anesthesia and recovered without incident.

Prognosis: Good. We expect your pet to have very good function of the limb after uncomplicated healing. Arthritis was found to be already present in the knee at the time of surgery. As a result, heavy exercise or weather changes may cause your pet to experience stiffness associated with the knee. There are medications that can be given to your pet to alleviate this if needed (Adequan, Cosequin, Deramaxx, Rimadyl, Previcox, etc).

Medications:

Diet: Normal

Incision: Please check the incision for signs of infection: redness, swelling, pain or discharge. Do not allow your pet to lick at the incision. An E collar should be used to keep your pet from licking at the incision.

Suture Removal: Please have the sutures removed by Dr. Bruce 10-14 days from the day of surgery. Please make an appointment with Dr. Bruce in that time frame.

Exercise:

Month 1: Limit activity to very short leash walks for bowel and urinary purposes. Never leave your pet off of the leash outdoors. No jumping, climbing stairs or rough-housing with other pets or people. Strenuous activity can break down the surgical repair that was performed, and thus prevent successful recovery.

Month 2: Initiate taking your pet on short leash walks, starting with two walks per day (10 minutes per walk). Gradually increase the lengths of the walks over the course of this month until you are walking about 25-30 minutes twice daily. Always keep your pet on a leash and do not allow running, jumping or playing.

Month 3: Gradually return your pet to all activities including running, jumping and playing. When initiating a new activity start with short 5-10 minute sessions. Once your pet is comfortable with that time frame, gradually increase the length of the play session.



Physiotherapy: Cold pack the knee three times daily for 10 minutes at a time for the next 48 hours. You can use a bag of frozen peas wrapped in a thin towel to do this. Thereafter, hot pack the knee three times daily, ten minutes each time for seven days. A hot water bottle can be used as a hot pack (monitor temperature so that it does not burn the skin). Physiotherapy should be started as soon as your pet will allow it. This is done by flexing and extending the knee joint three sessions daily for 5 minutes each time (do this after each hot packing session). Continue physiotherapy for three weeks.

Physical therapy with a certified veterinary therapist will allow faster and more complete return to function. Please feel free to make an appointment with them at any time. Even if you are not interested in multiple sessions with them, they can teach you at home exercises that you can perform with your pet.

Recheck Radiographs: Please schedule an appointment with Dr. Bruce 8 weeks after surgery to have radiographs repeated to evaluate healing. This can be a drop off appointment and your pet may need to be sedated for the x-rays. Please do not feed breakfast the morning of the appointment.