

Discharge Instructions – Perineal Hernia Repair

Surgery: Perineal Hernia Repair and Castration

Convalescence after surgery:

Your pet will most likely be tired from surgery and hospitalization. Allow plenty of rest and do not be surprised if mild lethargy or depression is noted the first 48 hours at home. By 2 weeks after surgery your pet should be feeling very well.

Exercise:

Please keep your pet quiet for the next four weeks. This includes no running, jumping, or playing. Your pet should be taken on short leash walks long enough to urinate and defecate only. Your pet should not be allowed to strain and must be taken back inside once defecation and urination is finished to prevent extended straining. Please continue to walk your pet three times a day to give &&PT/him/her/it the opportunity to pass stool. It is very important that he/she does not get too active or strain to defecate for the first month as either of these could result in recurrence of the hernia.

Incision:

1. Please monitor the incisions daily for redness, swelling, or discharge and call if any of these occur.
2. Mild to moderate surgical site swelling is normal and this will go away in about one to two weeks. Cold packing the area with a gel pack wrapped in a thin towel for the first week (10-15 minutes two to three times daily) will speed the resolution of the swelling.
3. Do not allow your pet to lick or rub the incisions as this may lead to infection or breaking open of the incisions. If your pet is licking at the surgical site(s), he/she will need to wear an Elizabethan collar which can be purchased at any pet store or veterinary clinic.

Perineal care:

If your pet soils the perineal area with stool, clean the area with wet wipes and apply a small amount of Vitamin A&D ointment to the area (baby rash ointment).

Bowel movements:

1. Your pet may have some temporary dropping of stool due to swelling around the anus. This should improve over the next 2-3 weeks.
2. Please call if your pet is excessively straining or having difficulty passing stool.
3. MiraLAX or other stool softener should be administered to your pet for life. Please adjust the dose of the stool softener dose to be added in each meal so that the stools are soft, but not diarrhea.

Diet:

1. Upon arriving home, excitement or excessive food/water intake may lead to vomiting. Please refrain from offering food/water for several hours. Your pet may experience a decrease in appetite from the surgery or medications, this is not that uncommon right after surgery.
2. You may need to tempt and/or hand feed your pet to help stimulate the appetite. You may also offer canned dog food or a home cooked diet consisting of a 50:50 mix of a carbohydrate and lean cooked. Please call if &&PTNAME is not eating or drinking at all.

Follow-up evaluations:

1. Telemedicine appointment: Please send your surgeon a photo of the incision or a video of your dog having a bowel movement in 2 weeks after surgery. Please text these to your pet's surgeon by cell phone or email address provided to you. If there are external sutures, please make an appointment to have these removed in 2 weeks at our hospital.
 2. An evaluation should be made by your pet's surgeon in 6 weeks to check the healing process. This should be done at our hospital. Please make your appointment today.
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Medications

Medications: A pain management protocol has been prescribed which should be very effective. If your pet seems to be uncomfortable (whining, restless), the most common cause for this is that your pet may be delirious from the narcotics or may need to urinate. Take your pet outdoors to eliminate (make sure that the sling is removed once upon arriving to the area for elimination). If your pet still seems to exhibit signs of pain, please give us a call.

Typical postop medication protocol prescribed at ASCM includes:

1. Nocita is a local anesthetic that is injected into the operated tissues at the time of surgery and provides pain relief for about 72 hours.
2. NSAID for 7 days. Examples of NSAID include carprofen, meloxicam, deracoxib, and others
3. Antibiotic for 5 to 10 days.
4. Tramadol to control pain – it is not a very strong pain killer in dogs, but does seem to have some effect.
5. Sedatives to help control your pet's activity in the postop period. Trazodone is a mild sedative. Acepromazine is a stronger sedative.
6. A stool softener such as Metamucil or Miralax should be administered at a dose of xxx teaspoon(s) in each meal. Adjust the dose of the stool softener so that the stools are soft, but not diarrhea. It is also recommended that a stool softener is continued life-long to keep the stools a bit soft.

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