

Eight Week TPLO Post-Op Instructions

Patient: _____ Date: _____

Exercise

- Over the next month, gradually increase the duration of the walks to a normal level.
 - Three walks per day are permitted. Start with a 15-minute walk and gradually increase to a 30-minute walk over the next month.
 - If lameness is noted during or after walking, decrease the duration of the walk by 50%, and then increase the length of each walk more slowly.
 - Jumping, running, and playing with other pets are not permitted for 1 more month.
 - Your companion now can jump on surfaces that are no higher than 2 feet and climbing stairs is permitted.
 - After one month, all restrictions can be lifted (off leash activity is then allowed).
- Limit exercise to _____ minute walks three times daily for 6 weeks.
- No leash walks are permitted other than what is necessary for urination and bowel movements for

_____ weeks. Jumping, running, unattended stair climbing and playing with other pets are not permitted during this time.

- Athletes (hunting, police work, agility, etc) should not return to strenuous activities until 5 months after surgery.

Rehabilitation

- No additional therapy is needed.
- Rehabilitation therapy by a professional therapist is recommended.

Supplements for arthritis

- Dasuquin (glucosamine/chondroitin supplement)
- Prescription joint diet such as Hill's J/d or similar diet (has omega fatty acids)
- Other: _____

Summary

- Your companion is recovering normally. The knee is stable and the x-rays showed that bone has healed. Full resolution of lameness and stiffness may take another month or two.
- Your companion's recovery is slower than normal, but with time, a full recovery is expected.
- Surgery will be needed on the opposite hind limb and can be scheduled at anytime.
- Additional healing of the bone needs to take place. Therefore, exercise still needs to be limited for another 6 weeks (as stated above).

Next recheck evaluation

- No additional evaluations are needed unless your companion develops a problem with the operated limb or lameness is noted in any other limb
 - Please make an appointment to have x-rays made of the knee to evaluate healing of the bone in _____ weeks from now.