

Wags 2 Whiskers

Veterinary Hospital

Canine Spay Home Care Instructions

A 'spay' is often referred to as a 'routine surgery'. This phrase does not make it any less serious. Your dog is recovering from a *major* surgery, which requires continued support and nursing care at home to ensure a successful outcome. During the healing period (10 days), home care is just as important as the surgery just completed.

Activity

We strongly advise strict confinement for the ten days following surgery. Strict confinement means: no running, jumping, stair climbing, rough-housing, etc. Keeping her indoors and away from the elements plays a key role in smooth recovery. If you need to leave her alone for any period of time, confining her to a crate, small room or area in your home is best.

Excessive activity can lead to injury or serious complications that could result in failure of the surgical incision and necessitate re-operation. This means additional expense to you and added discomfort to her.

Incision

We ask that you observe the incision area daily for signs of redness, swelling, and/or discharge. Some bruising is to be expected, as well as some inflammation just around the incision. If she is licking the area excessively, we can provide a protective collar to stop this behavior. Licking generally leads to chewing out sutures, which can occur in seconds. If she removes any of her sutures, or the incision is coming apart, please call us immediately. We also advise that you not bathe her for at least 10 days following surgery.

Diet

Anesthesia can sometimes make patients nauseous. You may find, once returning home, that she doesn't want to eat or vomits. This is acceptable for the first 24 hours after surgery. If she refuses to eat beyond that time or continues to vomit, please call us immediately.

Another important thing to remember is that spaying your dog causes hormonal changes that reduce her energy requirements (lower her metabolism). A good rule of thumb is to either reduce the food by 30% or measure the amount fed and adjust as needed to maintain a healthy weight.

If you have *any* questions or concerns, do not hesitate to call us at (936) 582 - 2225.