

## Post Operation Management Patella Luxation Repair

Dogs may take up to 4 months to fully recover from patella luxation surgery. The first 6 post operative weeks require the greatest degree of restriction in the dogs' activity levels. During the initial 10-14 days your dog should be confined to one level of the house, taken outside on a lead for toilet purposes and be restricted from activities likely to overload the repair. This would include free running, jumping up, climbing stairs and running on slippery surfaces. Short lead walks (e.g 5-10 minutes) two to three times daily should be allowed after the first 2 weeks of rest. Then add 5-10 minutes to the daily routine every week (except for heavier or more excitable dogs),

Clinical and possible radiographic examination of your dog is usually required 6 weeks post operatively. This would allow clinical assessment by your veterinarian and discussion of your dogs' progress and future plans. In the vast majority of cases animals can usually start to increase their activity levels following this visit and also may benefit from hydrotherapy and /or physiotherapy at this stage. The aim is for a full return to exercise 3 to 4 months following surgery.

### What level of function can I expect?

Although dogs will inevitably develop osteoarthritis following patella luxation, most dogs return to excellent function following surgery. Maintaining a light bodyweight and active lifestyles are important parts of the post operative management.

### What about food supplements?

The most important aspect in managing these dogs post operatively is to prevent the dog becoming overweight and to adopt an active lifestyle. Regular, frequent but not excessive exercise is usually best. Food supplements including glucosamine and fish oils will be beneficial.