

## **Post operative care of Dogs after Cranial Cruciate Ligament Surgery**

### Exercise Restrictions:

WEEK 1: When you are not at home - keep in a crate, pen, small room- bedroom or utility room or bathroom. When you are at home, it is preferable to keep your pet confined. It is absolutely essential to keep him/her on a LEASH when going to the bathroom. Going up and down stairs to go outside is OK as long as you have him/her on a leash. It is OK if your pet wants to get on a sofa or the bed as long as the distance to jump is 50-75% of the height of your pet from his toes to the point of his shoulder blades.

WEEK 2: The same as week 1, except that it is OK to let your pet do more in the house when you are home. This means he/she can follow you around, move at will from room to room. You must block off any stairs or area where he/she may gain access to the outside.

WEEK 3: The same as week 1-2 except, you can allow 5-10 minute leash walks; hold your pet back a little to force them to pull against you. This will allow them to start to toe touch or begin to use the leg. You can leash walk once or twice daily for 5-10 minutes each time. When you are not at home it is generally safe to allow your pet free access in the house- except you must block off stairs or avoid free access to the outdoors

WEEK 4: The same as weeks 1-3 except you can allow swimming for 10-15 minutes once or twice daily. A pool will work best rather than a lake or beach. Do not allow your pet to jump in the water- assist him or her in or out. If you do not have the opportunity to allow swimming, continue with leash walking at 10-15 minutes twice daily. Swimming can be done in addition to walking or instead of it.

WEEKS 5, 6 and 7: The same as week 4, except you can allow swimming for 20-40 minutes once or twice daily and or leash walking for 20-40 minutes once or twice daily.  
STILL NO OFF LEASH ACTIVITY

WEEK 8: We recommend a recheck at our clinic at this time. Plan on it taking 10-30 minutes.

Significant red and/or purple bruising may occur at the surgery site and may spread up and down the leg. Also swelling may develop and travel down to the ankle area and the ankle may swell to 2-3 times the size of normal ("Jelly-Leg"). This is all normal and should not be cause for concern. If the wound oozes a green or yellow material, please call our office.