



Post-Operative Instructions: Femoral Head Ostectomy

Thank you for trusting your pet to our surgical care. Your pet has had general anesthesia and surgery for a femoral head ostectomy. It is essential to allow your pet time to heal and to avoid re-injury during recuperation.

FHO consists in removing the femoral head portion of the hip joint and resecting the femoral neck, eliminating the joint altogether thus creating a pseudoarthrosis, or a false joint.

The goal is to eliminate all contact between the femur and the pelvis/acetabulum. Following the ostectomy the joint capsule is closed to provide a cushion to prevent the femur from rubbing against the pelvis.

Post-Operative Care

Activity:

- No running, jumping, free access to stairs, or rough playing with other pets or children.
- Do not allow any unrestricted or off-leash activity, or free access to stairs or slippery floors.
- Restrict activity for the next 2 weeks to allow complete healing of the surgical site.
- Activity must be limited to very short leash walks three times daily solely for going to the bathroom.
- Confine your pet to an enclosed area such as a small room, dog run or dog crate when you are not home or are sleeping.
- In 5 days, when most of the pain has subsided, slowly and gently try extending the leg (hip joint) backwards to promote range of motion (ROM). This should be done 2-3 times daily with 10 repetitions each time. Icing the incision after ROM. Start leash walking at 14 days. Increase the distance by about 25% every week.

Incision:

- Please gently remove white bandage after 1 day.
- Monitor the incision daily for signs of infection such as increased redness, swelling or discharge. If you observe any of these signs or if the surgical site suddenly becomes painful to the touch, please call us immediately.
- Surgical area may have some bruising and swelling. Please ice the incision 2-3 times daily for 5-10 minutes if possible.
- **Keep e-collar on at all times to keep your pet from licking/chewing incision.**

Medications:

- Give all medications as directed and call us if you believe your pet is having an adverse reaction to any of the prescriptions.
- If your pet loses his/her appetite, begins vomiting or develops diarrhea or dark/tarry stools, please call us immediately.



- We may prescribe sedatives for your pet's safety and to assist you in enforcing exercise restriction.

Food:

- Your pet should always have access to water and eat 1/3 less his/her normal diet during recovery.

Recovery:

- Your pet should show steady, continual improvement. If your pet seems lethargic, acutely painful, or simply not doing well please call us immediately.
- **Common side-effects of general anesthesia include constipation, decreased urine output, decreased appetite and/or thirst. Increased vocalization due to disorientation, a lack of coordination, and drowsiness is also possible.** Your pet may experience some or all of these side effects. These effects pass relatively quickly, and your pet should appear at least mostly normal to you within the next 24-72 hours after surgery.

Recheck:

- Please schedule an appointment for suture removal in 10-14 days.
- Second hip surgery, if needed, 6-8 weeks after the first surgery
- We may recommend considering a structured physical therapy program starting two weeks after surgery.

Questions:

- Our foremost interest is your pet's rapid and complete recovery: Please do not hesitate to call VOC at 219.922.6000 if you have any questions or concerns.

****In case of an emergency, you may call North Central ER at (219)881-1600, or your closest emergency clinic.**

We offer this information as a complement to the specific verbal and written instructions that our staff may have discussed with you during consultation or your discharge appointment. It is intended to provide helpful guidelines for caring for your pet at home and is not meant to be an exhaustive list of all possible post-surgical orders or potential complications. As always, we rely on you to call if you have any questions or concerns regarding your pet's recovery and post-operative care.