



Matanzas River Animal Hospital

Call/Text: 904-794-4002

Email: info@matanzasrivervet.com

Spay Discharge Instructions:

When can I feed my pet, and how much should I offer?

- We recommend waiting until roughly 7pm just for the first night home.
- Anesthesia can make some patients suffer upset stomach, to limit any risk of vomiting offer only about 1/3 the usual dinner amount.
- If they eat the entire quantity given and still seem hungry, wait thirty minutes to offer another 1/3 portion.
- If they refuse to eat, please do not be too concerned as it is normal for some patients to not want anything by mouth for another 6 to 12 hours.
- If they still refuse food the next morning please call our hospital, there is no charge to recheck after a surgery.

Are there any restrictions or limitations for my pet?

- Following this type of procedure limited activity is necessary and will benefit the healing process.
- Leash walk only, and for the strict purpose of allowing eliminations (a 'bathroom' break).
- Keep patient calm, quiet, and do not allow jumping on furniture.
- Do not take to the dog park, beach, or to have 'play dates' while recovering.
- Do not bathe your pet, do not allow swimming in pool, or ocean.
- If there are house mates, limit their exposure to the patient in recovery. Keep them from 'rough housing' to the best of your ability.
- Sometimes medications are needed, particularly for young excitable patients. If you feel it is too challenging to keep your pet calm and quiet call the hospital to request sedative medications.

What if my pet isn't feeling well at home?

- After anesthesia some patients may suffer minor acute cases of gastro-intestinal upset. This can present to you as nausea, vomiting, and even diarrhea.
- Some patients, particularly geriatric or elderly ones, may take a little longer to get out from under the sedative effects of anesthesia. This can present as a general lethargy, an abundance of sleeping, or in some cases wanting to hide and be alone for a time.
- In the above instances know that it is always temporary and should wear off in the next 12 to 24 hours. If any of the symptoms persist beyond that period call our hospital, there is no charge for us to recheck your patient after surgery.
- If any of the above symptoms are concerning, such as excessive vomiting or diarrhea, please call the hospital as soon as possible. There are medications we can dispense to help ease the symptoms if needed.

What can I do if I believe my pet to be in pain?

- Oral pain medication should have been sent home with you, please check your bag to make sure you have them.
- If they are lost, missing, or you have questions about the label instructions please call the hospital to speak with a member of our staff.
- In addition to this/these medications if you still believe your patient to be suffering discomfort or pain there are a few other options.
 - Sometimes offering a cold compress to the surgical site will help with tightness or swelling and can soothe any skin irritation.
 - A compress can be made with an ice pack wrapped in a towel so that it does not make direct contact to the skin. Ice packs can be homemade with Ziplocs if needed.
 - Some patients will simply appreciate spending more time near you, speaking in calming tones to them so a

- sense of security and familiarity returns.
- Some patients will benefit more from a little exercise, to work out any stiffness developed in the hospital. Taking them out on a brief walk around the yard can perk up their spirits while alleviating low levels of discomfort.
 - If you do not believe the pain medication dispensed is covering the full extent of pain despite attempts with the above options, please call our hospital to speak with a staff member. There may be other medications we can add to help in cases of extreme discomfort.

Do I have to clean or do any maintenance to the incision?

- We want you to make daily observations about the incision as it heals. Try to check it every morning and evening, or at least once each day.
- Look for any redness, swelling, discharge, or pain at the site. These could be signs that an infection is setting in, call the hospital immediately if you are suspicious or have questions.
- You can also take pictures if you are not sure, text them to our main number and a member of the staff will respond rapidly.
- Try to keep the patient from getting dirty while healing, but if you find a build up of dirt or debris over the area you can dampen a towel with warm water to gently wipe it clean.
- Do not use hydrogen peroxide, alcohol, or any other type of cleaner. These can burn, cause irritation, and break down the natural healing process.

When can the e-collar or 'cone of shame' come off?

- It is important to keep the patient away from licking, chewing, rubbing, or otherwise disturbing the incision. That is the purpose of the e-collar.
- The e-collar must always remain on until the sutures come out.
- If there are no external sutures the incision will heal in roughly 10 days. You can text a picture of the area to our clinic to get permission to remove the e-collar or schedule an appointment to have it cleared in person.
- If you do not have a suture removal appointment, please call the hospital to schedule one in the 7-to-10-day window post-operatively.

If at any time you have any questions, concerns, or needs please text or call 904-794-4002 or email us at info@matanzasrivervet.com to contact the hospital staff. We are always available and eager to help you and your pet safely get through this recovery period without worry.