

Post-operative Information: Patella Luxation Stabilization

Your pet has had his/her *patella luxation* (i.e. dislocating or “trick” kneecap) surgically stabilized. This condition is often long-standing (i.e. from puppyhood), but may have worsened recently/suddenly with minor trauma. The patella (a small bone commonly called the kneecap) normally sits in a groove on the front of the rear leg just below the thigh muscles. A ligament runs from the patella to attach to the top/front of the tibia (i.e. shin bone). Most patients with a luxating patella have some abnormal curvature to the tibia and looseness of the joint tissues that support the patella on either side. When the patella does not stay in its groove, the thigh muscles do not function properly in bending the knee, and the cartilage of the knee joint is repeatedly damaged. Techniques for stabilization are determined during surgery, to best meet the needs of each individual patient. Your pet may have had the supporting tissues tightened, the groove in which the patella sits deepened, the tibia attachment of the patellar tendon moved, and/or the femur (i.e. thigh bone) straightened. Usually patients have one to three of these techniques performed during their surgical procedure. The goal of surgery is to reduce the freedom that the patella has to move side to side; this improves comfort and eliminates the abnormal forces acting on the knee joint that contribute to other knee ligament injuries. The majority of patients do very well after surgical stabilization.

ACTIVITY RESTRICTION x 6 weeks

- Please keep your pet in a comfortable, safe indoor location without access to stairs for the next 24 hours as he/she recovers from anesthesia & surgery. Your pet may be groggy for the first few days. He/she may whine or appear more anxious than usual; this may indicate pain/discomfort or side-effects of the medications. Please call your veterinarian for assistance with medication adjustments, or return for exam & additional pain medications as needed.
- Confine your pet to one level/section of the house on carpeted floors. Use baby gates, etc. to prevent access to slippery floors or stairs. Do not allow jumping on/off furniture. Confine to a small area/room/crate when unattended. Please do not allow any playing, running or jumping. For dogs, use a short leash when going outside to urinate/defecate.
- Your pet will feel like fully using the leg before the knee is healed. Please continue the restriction during this difficult time when he/she is feeling "too" well! Failure to do so may cause serious healing problems.

INCISION CARE

- Please look at incision once daily. It should be dry, slightly red along the margins, and slightly swollen/thick on the edges. Over several days, it should lose redness and swelling. *Problems to call your veterinarian about:* a) gapping (the edges should be exactly touching); b) discharge (other than small amount of crusting); c) swelling (other than slightly raised skin near edges). Some bruising is normal and will resolve in 5-7 days.
- Do not allow your pet to lick or chew the incision as this can compromise the incision and predispose to infection. If necessary, please use an E-collar if you must leave your pet unattended.

PROGRESS EXAMS

- Return to your veterinarian in 10-14 days for a progress exam. Skin healing and leg function will be evaluated, sutures will be removed, and any physical therapy questions will be addressed.
- Your pet should start touching his/her toe down within the first 2 weeks. Thereafter, leg use should steadily improve to 90% normal at 6-8 weeks. If you notice a sudden deterioration in leg use at any time after surgery, please see your veterinarian for exam.

DIET

- Ideally, keep your pet on the thin side of normal his/her whole life. Any orthopedic condition can progress with arthritis over time due to excessive, wear & tear; carrying less body weight will relieve some of this stress from the joints. Good parameters to monitor body condition are: 1) you should be able to feel the ribs and pelvic bones, but not see them; 2) your pet should have an “hour glass” figure when viewed from above looking down; 3) your pet should have a tucked up belly when viewed from the side.
- Fish oil (added to food or in capsule form) is advised in patients with joint problems. Although there is some debate about effectiveness, using fish oil as an additive shows great promise. A good dose range is about 100mg/kg body weight. For an example, a 75 pound dog (34kg) would get about 3400 mg per day. There are also joint focused diets that have fish oil already added to them.
- Glucosamine/chondroitin supplements (“chondroprotectants”) might have some beneficial effects in these patients, but this has not been clearly established. You and your veterinarian should discuss whether or not these products would be helpful for your pet.

PHYSICAL THERAPY REGIMEN

(We can also recommend professional physical therapy assistance in the Twin Cities. Studies have shown that a formal program can decrease post-operative recovery time. Please let your veterinarian know if you are interested in a referral.) ***A video demonstration of exercises can be found on our website: www.clvsurgery.com under the "Post-Operative Care" section ***

- Our lives are often very busy, so if you must err, err on the "do less" side of these instructions. Less physical therapy will result in a slower return to function, but more aggressive physical therapy by a non-professional too early may result in failure of the implants and surgical repair.
- *Week 1:* Icing: Cooling the surgical area will reduce pain and swelling. Do this as often as possible the week following surgery- several times a day. Apply ice packs (wrapped in thin cloth) to the incision area as often as possible for 15 minutes. Baggies of frozen peas work well for this, or make an ice pack by freezing 2 parts isopropyl alcohol to one part water in a ziplock bag.
- Range of Motion (ROM) Exercise-- Have your pet lie on his/her good side. Grip the foot with one hand and slowly and gently push the foot up into flexion of all joints. Slowly pull the foot and push the leg down and back into full extension of all joints. Repeat this motion 5 times once daily. This exercise should not be performed to the point of pain or resentment. After ROM, apply ice packs as described above.
- *Week 2:* Expanded ROM Exercise-- Have your pet lie on his/her good side. Apply a warm compress to knee area. Grip the foot with one hand and slowly and gently push the foot up into flexion of all joints; *hold for 5 seconds*. Slowly pull the foot and push the leg down and back into full extension of all joints; *hold for 5 seconds*. Repeat this motion 10 times twice daily. This exercise should not be performed to the point of pain or resentment. Apply ice packs after ROM (as above). Continue 4 weeks.
- *Week 3:* Massage-- Have your pet lie on his/her good side. Superficial skin massage around the thigh and knee involves using your fingers loosely on the surface of the skin, applying enough pressure to move the skin relative to the underlying tissues. Muscle massage of the thigh involves deeper kneading and pushing of the muscles. Perform both types of massage for 10-15 minutes twice daily. Continue 4 weeks.
- Walk for 5 minutes twice daily; add 5 minutes each week until your pet is walking a normal pace at least 20 minutes twice daily and using the operated limb every step. Use small treats to encourage participation. Avoid walking locations that will result in uncontrolled activities, such as meeting other dogs, etc. Use small treats to encourage participation.
- *Week 4:* Sit/stand Exercise (for dogs)—Have your pet repeatedly sit and stand for 15-20 repetitions twice daily. Use small treats to encourage participation. Continue 4 weeks.
- *Week 6:* Expanded walking (for dogs)-- Place your pet on a short leash and have him/her walk at your side. Walk outside with varied but gradual incline with solid footing for 10 minutes twice daily. Continue 4 weeks, gradually increasing time and distance.
- Swimming is wonderful rehabilitation exercise (for some dogs) when performed correctly. You may allow controlled swimming after week 6. Controlled swimming requires that your pet not jump or leap into the water; walking into the water until it is deep enough to swim is required. Throwing balls to fetch often results in sudden jumping and lunging, which can cause serious problems in the healing phase. Do not over extend your pet; start with short excursions (5 minutes) and increase duration and frequency gradually.

LONG TERM LIFESTYLE

- After the knee is fully healed, there are no restrictions on activities for your pet. A gradual return to full function should occur, to allow for a smooth return of muscle function and strength following the restricted period.
- Occasionally the pin(s) that may have been placed in the knee to realign the patella will cause irritation and lameness. These are easily and quickly removed under heavy sedation if a lameness persists after 6 weeks.
- Some very severely affected patients with bowing of the rear leg will need more than one surgical procedure to completely stabilize the patella.

Prepared by CITY OF LAKES VETERINARY SURGERY