



VETERINARY SURGEONS

Post-Op Care for Tibial Tuberosity Advancement (TTA)

Your pet has had a procedure called Tibial Tuberosity Advancement (TTA). This is to treat his/her torn cranial cruciate ligament (CCL). The following list is a brief description of the restrictions, care and what to expect post-operatively. If, however, this is unclear or you have any questions please feel free to contact us on 01704 575606.

Pain Management

Post-operatively you will have to give your pet pain relieving medication; This is usually one or two non-steroidal anti-inflammatory drugs. Please give as directed. Problems to call us about:

- A. Gapping of the wound edges. (Skin edges should be exactly touching).
- B. Discharge (other than light crusting).
- C. Swelling (other than slightly raised skin near edges). Some bruising is normal and will resolve in 5-7 days.

Ice

Icing is one of the most important things you can do to help «Animal_Name» in the immediate post-operative period. It controls and decreases inflammation and will help to reduce post-operative pain. Please ice the knee 10 minutes on each side three times daily for 3 days. Ice packs can be made of Ice cubes in a bag. Frozen vegetables which can be re-frozen (if they don't become too thawed and mushy) or gel packs can be purchased from most local pharmacies.

Bruising

There will be bruising around the incision and down the leg. It may be red or darker. This is normal and may increase for up to 2 days after surgery and then slowly resolve.

Swelling

It is not unusual to have some swelling around the incision. It should not be excessive or fluid filled. However, it is common to see swelling of the tarsus (the joint below the surgery) that develops 2-3 days after surgery. This is oedema and will resolve 2-3 days after it develops.

Licking

Licking at the wound is NEVER ok. Licking is bad for the incision and will prevent healing, or worse, cause the incision to open up and expose the surgery site to infection. Please use the plastic Elizabethan collar you have been given to prevent access to the incision. Please speak to the nursing staff about alternatives to this but an E-collar is the only fool-proof way to prevent your dog from licking the wound.



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Flooring

Slippery floors should be avoided at all times for up to 8 weeks.

Stairs

Stairs are permitted but should be limited. Try to avoid stairs when possible, but when necessary should be done slowly and on the lead. Ramps are better than stairs but those should also be avoided whenever possible. The use of a sling for additional support when walking should be used at all times. A sling can be created by simply using a towel, placing it under the groin area and lifting both ends of the towel upwards. They can also be purchased at various pet stores or online.

Exercise

We recommend to keep «Animal_Name» on the lead at all times when not in the house for 8 weeks after surgery. NO doggie door, NO letting him/her out in the backyard or garden, NO retractable leads. (No matter what time of day, no matter what weather!) Walking is greatly encouraged, but on a short lead only.

Here are some guidelines - but they are only that.

Begin with 2-3 house lengths (5 minutes) a few times a day. Increase by 5 minutes each week till you reach 20 minutes - this is probably a good level to stay at for the next 4 weeks.

At 2 months post-operatively off lead exercise is permitted. But still no ball or Frisbee chasing for another 2 months.

At 4 months your pet can resume full exercise if it is well tolerated.

You may consider seeing an animal physiotherapist and or hydrotherapy to improve your dog's rehabilitation. Please speak to Phil regarding this. Hydrotherapy can begin once the bone has healed approximately 8 weeks after the operation. Physiotherapy may start sooner.

Post-op Checks

We will usually check the wound a few days post-op.

Sutures will be removed in 10-14 days. Both of these appointments are free of charge. Please arrange these appointments at Reception.

If everything is going well no further rechecks are necessary.

Repeat radiographs are taken at 4-5 weeks post- surgery; there is a charge for this procedure.



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Physiotherapy

Daily physiotherapy will be beneficial to «Animal_Name»'s recovery; our physiotherapy nurse has formulated a recovery programme that will help to maintain a good range of movement in the knee joint and to encourage early use. Stop any of these exercises if they are not tolerated or cause pain.

1-14 Days Post-op

- Passive range of motion: 10 reps 2-3 times daily (bicycling movements, flexion and extension – as shown on discharge) if allowed.
- Lead/harness walks: up to 5 minutes, 3-4 times daily.
- Cold packs: 15 minutes (to affected joint) 1-2 times daily.
- Massage the ankle joint as shown on discharge.

3-4 Weeks post-op

- Passive range of motion: 20 reps 2-3 times daily.
- Lead/harness walks: up to 10 minutes, 3-4 times daily.
- Cold packs: 15 minutes (to affected joint) 1-2 times daily.
- Heat packs: 10 minutes (to affected joint) 1-2 times daily.

5-8 Weeks post-op

- Passive range of motion: 20 reps , 2-3times daily.
- Lead/harness walks: up to 15-20 minutes, 3-4 times daily.
- Cold packs: 15 minutes (to affected joint) 1-2 times daily.
- Heat packs: 10 minutes (to affected joint) 1-2 times daily.
- Sit-to-stand 5-10 times, 2-3times daily (Nurse will demonstrate).
- Controlled stair climbing on lead, 2-3times daily.
- Dancing, 2-3times daily (Nurse will demonstrate).