

Postoperative Care Instructions for Canine & Feline Femoral Head and Neck Excision (FHO, FHNE)

Your pet has had a procedure with North Peninsula Veterinary Surgical Group called an FHO/FHNE. This orthopedic surgery is designed to reduce pain and discomfort for pets with an otherwise un-repairable hip joint. Please keep in mind that your pet is unlikely to regain full function of the hip, though they do often significantly improve in quality of life. We will provide you with full rehabilitation instructions to maximize performance after surgery, including professionally-guided rehabilitation. Please keep this in mind and strictly follow the postoperative care instructions here. As a reminder, all pets **must** wear an e-collar for 7-10 days following their procedure.

Activity

- Pets may be allowed free movements around the house as long as they are supervised. For cats, make sure you keep them indoors in a small room for their recovery.
- For times when you cannot supervise them, we recommend using a crate or small room to avoid dangerous behaviors or reactions.
- It's okay to allow jumping onto/off of furniture and free access to stairs.
- They may be outside when supervised, but no off-leash exercise is allowed (including playing with other pets).
- Aim to take them on 2-4 slow walks each day for 35-45 minutes as your schedule permits. This will encourage regular bowel movements. The e-collar can come off for these walks as well.

Incision Site

- All pets must wear an e-collar at all times (except during a walk) for 7-10 days following their procedure to avoid mutilation of the surgical site. If this does occur, additional surgery may be required.
- Monitor the surgical site daily for infection. This can present as swelling, redness, discharge or signs of sudden pain to the touch. Call us immediately if you notice any of these.
- Use a cold compress every 6-8 hours for 10 minutes at a time for 5 days after the procedure. We recommend a store-bought ice pack or a bag of frozen peas inside a plastic bag and then wrapped in a washcloth.



Medications

- Make sure you have a plan to give all medications as directed, including reminders where necessary. Call us if you believe your pet may be having a poor reaction to any of their medications.
- Antibiotics for 5-14 days postop.
- NSAIDs for 2-5 days postop to relieve soreness during recovery.
- Tramadol to manage moderate to severe pain for 2-5 days postop, as needed.
- Gabapentin to manage pain postop, as needed.
- Stool softeners as needed.
- Acepromazine/Trazadone to sedate your pet for recovery, as needed.

Food & Water

- Your pet should have access to water at all times and can be fed their regular food. We do often suggest cutting the amount they're fed by 20% during recovery.
- If adding fiber to the diet, we recommend 1 tablespoon of canned pumpkin (not pumpkin pie filling) per 20 pounds of body weight.

Recovery Trajectory

Hind Limb Passive Range of Motion Exercises

- Begin exercises 3 days after surgery. Perform 20 repetitions 3x/day for 4 weeks.
- Gently flex the back leg to the point of discomfort and then back up slightly so that it is just at the edge of your pet's comfort range. Hold this position for 10 seconds. Then, completely extend and hold for an additional 10 seconds. This is considered one complete 'repetition.'

Follow-up Appointment

- We will schedule a follow-up appointment to remove sutures 7 to 10 days after the procedure.

We're here to help throughout your pet's recovery, please do not hesitate to call us with any questions or concerns.

