

# Fracture Repair

Surgical stabilisation of a broken bone is accomplished by screw and plate fixation or an external frame.

Post-operative care is vital to minimise the risk of complications following surgery.

## Post-Operative Care:

### - Wound Care

Please check your pet's surgical area twice daily, there should not be any pain, swelling, redness or discharge from the wound. A buster collar should be used to prevent interference for at least the first 10-14 days after surgery.

### - Exercise Plan

Strict rest is vital to reduce the risk of complications. The duration of crate rest varies on a case-by-case basis. Dogs should only be allowed out for short walks, on the lead, in the garden. This is to go to the toilet only. Running, jumping and use of any stairs, is not permitted. Cats should be provided with a litter tray in their crate during this period.



## Dog exercise plan

Week number	On lead exercise	Number of times daily	Off lead exercise
1-6	For toileting only	As needed	None
7	5-10 minutes	Up to 3 times daily	None
8	10-15 minutes	Up to 3 times daily	None
9	15-20 minutes	Up to 3 times daily	None
10	20-25 minutes	Up to 3 times daily	None
11	25-30 minutes	Up to 3 times daily	None
12	30 minutes or more	Up to 3 times daily	Start to re-introduce off lead exercise.



### Cat Exercise Plan

Week number	Cat Exercise Plan
1-6	Strict cage rest
7-8	Allow access to a small room in the house
9-10	Allow access around the house, no outside exercise
11-12	Normally at this point, outdoor exercise can be re-introduced

#### Outcome

Fractures which involved a joint will inevitably result in some arthritis, however function and comfort is often good. Without joint involvement function is usually excellent.

#### Risks and Complications

All surgeries have potential complications. Overuse will result in poor or delayed bone healing and can lead to broken metal implants. Infections occur in 5% of patients.

