

**Westbrook Animal Hospital**  
**Post-Spay Recovery for Your Dog**



Dear Valued Client,

Thank you for entrusting Westbrook Animal Hospital with your dog's care. Spaying is an important step in ensuring your pet's long-term health and well-being. To help your dog recover comfortably and safely, we have prepared this guide to support you during her post-surgical recovery.

### **What to Expect After Surgery**

- Drowsiness: Your dog may be sleepy or groggy for the first 24-48 hours due to the affects of anesthesia.
- Appetite: It's normal for her appetite to be reduced on the first day. You can try offering a small, bland meal (such as boiled chicken and rice) if she does not seem interested in her normal diet.
- Incision Appearance: The incision site may appear slightly red or swollen, which is normal. You may also see some discharge or bloody residue. However, it should not be oozing, excessively swollen, or have a foul odor.
- Behavior Changes: Your dog may be quieter than usual or seem slightly uncomfortable. This is normal but should improve over the next few days.

### **Post-Operative Care Instructions**

1. **Limit Activity:**
  - Prevent running, jumping, and rough play for at least 10-14 days to allow the incision to heal properly.
  - Keep her on a leash when outdoors to control her activity.
2. **Monitor the Incision:**
  - Check the surgical site daily if possible for any signs of redness, swelling, discharge, or any unusual changes.
  - Do not let your dog lick or chew the incision. Use an Elizabethan collar (cone) or an alternative protective device such as surgical recovery suits if needed.
3. **Pain Management:**
  - Administer any prescribed pain medications as directed. Do not give human medications to your pet without consulting us.
4. **Hygiene and Environment:**
  - Keep the incision clean and dry. Do not bathe your dog or let her swim for at least 14 days post-surgery.
  - Provide a clean, quiet, and comfortable space for rest.
5. **Diet and Hydration:**
  - Resume her regular diet gradually after 24 hours. Ensure she has access to fresh water at all times.
6. **Follow-Up Appointment:**
  - A follow-up appointment is NOT needed for your dog unless you have concerns for the doctor about your pet after surgery. Only schedule a follow -up visit if we notified you your pet needs to come back to remove any sutures or staples.

### **When to Contact Westbrook Animal Hospital**

Please call us immediately at (207) 797 4747 if you notice any of the following:

- Persistent vomiting or diarrhea.
- Refusal to eat or drink for more than 24 hours.
- Signs of pain (e.g., excessive whining, reluctance to move).
- Severe swelling, redness, discharge, or odor from the incision.
- Lethargy or weakness lasting longer than 24 hours.



## Helpful Tips for a Smooth Recovery

- Use baby gates or playpens to limit activity indoors.
- Engage her mind with puzzle toys or safe chew toys to keep her entertained.
- Give her plenty of positive reinforcement and affection to keep her spirits up!

Your dog's comfort and recovery are our top priorities. If you have any questions or concerns during her recovery, don't hesitate to reach out to us. Thank you for choosing Westbrook Animal Hospital. We look forward to seeing your pup happy and healthy soon!

Warm regards,

**The Team at Westbrook Animal Hospital**

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