Discharge Sheet: Elbow Arthroscopy

**Diagnosis:** Elbow dysplasia (specifically, coronoid disease or fragmented coronoid process).

Fido has had CT and arthroscopy of both elbows to assess the cartilage in the joints and to identify fragmentation. Fido had large fragments in both elbows, which were removed arthroscopically. There was also some cartilage wear.

**Exercise:**
- First two weeks: please restrict Fido to 5-minute walks out to the garden, on a lead, 3-4 times daily
- Weeks 3 & 4: 10-minute walks, on a lead, twice daily
- Weeks 5 & 6: 15-minute walks, on a lead, twice daily
- Please make sure Fido is not allowed to play with other dogs, run around the house, go up/down stairs or jump on/off furniture during this time. Very active dogs may be best confined to a kennel or single room of the house.
- Fido should bear weight on the affected limb(s) within a day or two of surgery; if she is hopping on either leg 5 days after surgery please call me
- You should notice a gradual but steady improvement in how Fido uses the forelimbs; if at any stage there is any deterioration in limb use, or any concerns regarding the wounds, please call me

**Medication:**
- Metacam (meloxicam), 30 Kg dose once daily with food for 14 days, or longer if necessary. If you notice vomiting/diarrhoea, stop and seek veterinary advice

**Re-examinations:**
- Please arrange for your local vet to examine Fido and remove the skin stitches from 7-10 days after surgery
- Please call/e.mail me at Anderson Moores in 6 weeks time with a progress report. If you would rather that Fido was re-examined at that time, please make an appointment with reception.

The majority of dogs improve considerably following arthroscopic treatment of their elbow disease. However, elbow dysplasia inevitably leads to elbow osteoarthritis (OA). In most dogs this does not cause a significant problem. In a minority of dogs the OA can cause persistent elbow pain and lameness despite arthroscopy, or cause a recurrence of signs when the dog is older. To minimise the long-term effects of OA you should aim to keep Fido at a lean body weight. A guide to managing the dog with OA is available in the Orthopaedic section of our website.

If Fido was sent home with a small bandage on a leg over her IV catheter site, this can be removed after 2 hours. If in doubt please contact us.

If you have any concerns or questions at any stage please call/e.mail us

We recommend consulting a chartered veterinary physiotherapist during Fido’s recovery. Clinics are held at Anderson Moores—please ask for details.