



Mount Vernon Animal Hospital
8623 Richmond Hwy
Alexandria, VA 22309
United States
(703) 360-6600
mtvernonanimalhospital@gmail.com

POST OPERATIVE INSTRUCTIONS FOR SPAYED FEMALES

Following surgery, it is important that there be no running, jumping, or hard playing for 10 days after surgery, until sutures are removed. Failure to enforce this may result in seromas (fluid swelling at the surgery site), or actual breakdown of the sutures.

Dogs should be leash-walked only - they may not be allowed out in a fenced yard without supervision or allowed to play with housemates for that period of time. Cats are more difficult to restrict, but if there is a housemate who engages her in rough play, we recommend separating them when no one is home to supervise. Cats should not be allowed to go outdoors.

The incision area on the belly should be inspected daily for redness, swelling or discharge. Some redness is normal after surgery, but if it looks more red after being at home, call us. Any abnormal findings should be reported as soon as possible. The area should not be immersed in water unless absolutely necessary. If the surgery site gets dirty, you may clean it with a warm washcloth with mild soap, rinsing well. If there is adherent material in the incision, please bring her back to us to clean is appropriately. If your pet is chewing or licking at the incision, she may need an Elizabethan (cone) collar; call us and we will get one for you to pick up (or pet stores also carry them). This will prevent further irritation of the surgery site.

Sutures are normally removed 10 days after surgery. Please call for an appointment for this, or make one at the time of discharge. There is no charge for this service, it is included with the surgery fees. Some pets remove the sutures by themselves despite our best efforts; we would still like to check the surgery site, whether or not the sutures are intact, to make sure healing is complete.

We will send home pain medication for your pet, please use it as directed. Some pets will have a long-acting pain management injection given, this should last 72 hours and may cause drowsiness or (rarely) poor appetite. You may begin the oral pain meds before 72 hrs if your pet seems uncomfortable.

Spaying your dog or cat will decrease her metabolic rate. Please plan to reduce food by 25% to prevent her from becoming overweight.

Please contact us if you have any questions.