

FEMORAL HEAD AND NECK EXCISION (FHO) DISCHARGE INSTRUCTIONS



Your pet has undergone a **femoral head and neck excision**, a surgical procedure used to treat severe arthritis or trauma of the hip joint. In this procedure, the head and neck of the femur are removed. Over time, a **false joint** forms as scar tissue develops between the remaining femur and the hip, allowing improved comfort and mobility.

Post-Operative Instructions

Mobility and Physiotherapy

- Recovery depends heavily on **early movement and rehabilitation**.
- It's important to start **gentle range-of-motion exercises** as soon as your pet tolerates it. This helps prevent the formation of tight scar tissue and improves long-term function.
- We **strongly recommend booking an appointment with a qualified animal physiotherapist**, who can develop a tailored recovery and exercise plan.

Please speak to our reception team for physiotherapist recommendations and contact details.

Exercise

- Encourage your pet to begin **controlled movement** as soon as they are comfortable.
- Begin with **short leash walks**, gradually increasing in length over time.
- **No off-lead activity or rough play for at least 3–4 weeks.**
- If your pet is **not using the leg by the time sutures are due to be removed** (14 days after surgery), a physiotherapy consultation is strongly advised.

Specific Discharge Instructions

Suture Removal

Your pet has **intra-dermal sutures** that **do not need to be removed** – they will dissolve on their own.

Exercise Restriction

- Early **leash-only walks** are encouraged to promote healing and mobility.
- Prevent jumping, running, or rough activity during the initial recovery period.

Physiotherapy

- Physiotherapy is **highly recommended** to support the development of the false joint and improve function.
- Our team can provide a referral and further guidance if needed.

Medications

Your pet has been discharged with some medication.

Please read all medication labels carefully and administer as directed. Contact the clinic if you have any concerns about giving medications.

Diet

Your pet may **continue their normal diet** unless advised otherwise.

Follow-Up Care

Please return for a **recheck in 14 days**

Contact our reception to schedule this appointment.

Questions or Concerns?

If you have any concerns about your pet's recovery – including pain, limping, swelling, reduced appetite, or any unusual behaviour – please call us immediately.

We're here to support you every step of the way!