

TTA Surgery - Anterior Cruciate Ligament Rupture - Post Operative Instructions

TTA (tibial tuberosity advancement) is a surgical technique to change the loading forces in the knee joint therefore stabilizing the knee joint. This technique involves cutting and advancing part of the tibial bone therefore post-operative care should be treated similar to a fracture.

- Your dog will have a dressing placed on the leg mainly to prevent post-operative swelling and to restrict movement to a certain degree which will help in the healing process and in reducing pain. This dressing is needed only for a few days (3-10 days) depending on circumstances. The owner is requested to check the dressing twice daily by placing a finger between the paw and the dressing to monitor warmth and to assess the feeling in the paw by squeezing it gently. It is important to keep the dressing dry. You will be supplied with a plastic bag which needs to be placed on the foot before walking your dog outside. The plastic bag prevents any moisture getting to the foot and causing an infection. Remove the bag when your dog comes back inside.
- The first revisit is 3-5 days after surgery to check if the dressing is in a good supportive condition and not causing any problems such as clumping under the knee joint or sliding down the leg.
- The second revisit is at 10 days after surgery - the dressing is removed (if not removed earlier) and the sutures are removed also. You will be asked if you want injections of Pentosan polysulphate for your dog. Pentosan polysulphate is known to improve the health of joints by increasing the viscosity of joint fluid. This treatment is optional and requires 4 injections 5-7 days apart. We also advise you to give your dog glucosamine and/or fish oil daily to keep joints healthy.
- Your dog requires strict rest and no exercise for 4 weeks after the surgery. You may take your dog outside on the leash 3-4 times daily to go to the toilet. While your dog is resting you may gently massage the injured knee joint and try to extend and flex the leg.
- 4 weeks after surgery if the healing process progresses well you may gradually increase walking distance, still on the leash.
- 8 weeks after surgery we need to x-ray your dog's leg and assess the healing process. If everything looks good on x-ray we suggest that this is the time to increase your dog's exercise. My favourite exercise is walking your dog in shallow water to encourage leg muscles to be used.
- The healing process can take 4-8 months to achieve full strength.
- You should avoid ball and stick throwing to exercise your dog. Sharp turns and high speed may cause meniscal damage and can also cause cruciate ligament rupture in the other leg.
- The post surgical result is judged after 4-5 months.

NOTE: All medications must be given according to instructions.

**If you have any questions or concerns, please contact the clinic 54455288
www.chancellorparkvetsurgery.com.au**