

## Post-Operative Discharge Instructions

### Incision & Surgical Site Care

Some mild redness, bruising, swelling, or a small amount of blood-tinged fluid can be normal during the first few days after surgery.

- Your pet has **absorbable sutures** that will dissolve on their own. No suture removal is needed.
- **Do not bathe** your pet during the recovery period (typically 10–14 days).
- Keep your pet **indoors**, clean, dry, and warm while healing.
- **Do not apply ointments, sprays, or cleaners** to the incision unless directed by your veterinary team.
- Check the incision **daily for 7–10 days** for changes in color, swelling, or discharge.
- Taking a photo of the incision on the first day home can help you compare healing progress.
- Your pet **must wear an E-collar** at all times for 7–14 days. Licking or chewing can quickly cause infection or incision breakdown.

### Spay (females)

- **Color:** The skin edges may appear pink or light red at first and should gradually return to normal. The surgical incision is closed in 3 layers, the outer most layer has an additional application of surgical glue that could appear to be peeling. There are sutures below the glue. Bruising may change colors as it heals.
- **Swelling:** Mild swelling is expected initially. Worsening swelling is not normal.

### Contact us immediately if:

- Discharge increases or becomes thick, foul-smelling, yellow, white, green, or dark red
- The incision opens, becomes very swollen, or smells bad

### Neuter (males)

- Some scrotal incisions are intentionally left partially open to allow drainage.
- Mild dripping, spotting, or a small gap at the incision site can be normal.
- Healing occurs naturally over time. **Excessive swelling, pain, or bleeding is not normal.**

### Activity Restrictions

- Restrict running, jumping, rough play, and interactions with other pets for **10–14 days**.
- Short, controlled leash walks are acceptable.
- Always supervise your pet while outdoors.
- Sedative medications can be helpful for very active pets—please contact us if needed.

### Feeding & Water

- Water may be offered normally once your pet is home.
- Feed **½ of the normal meal** the first evening after surgery once your pet is settled.
- Mild appetite decrease is common. Normal eating should resume within 24–36 hours.

**If unable to contact us, seek Veterinary Care Immediately If Your Pet:**

- Pale gums (normally pink to red)
- Has trouble breathing or appears weak or disoriented
- Vomits repeatedly

**VETERINARY URGENT CARE**

**Ally Urgent Veterinary Care**

Phone: (757) 900-2559

Address: 521 Old Great Neck Rd, Virginia Beach, VA 23454

Hours: Monday–Friday 4 PM–10 PM; Saturday–Sunday 10 AM–10 PM

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**UrgentVet - Chesapeake**

Phone: (757) 383-9800

Address: 601 Volvo Pkwy, Ste 108, Chesapeake, VA 23320

Hours: Monday–Friday 3 PM–11 PM; Saturday–Sunday 10 AM–8 PM

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**Vets Now! Veterinary Urgent Care**

Phone: (757) 301-2915

Address: 3296 Dam Neck Rd, Virginia Beach, VA 23453

Hours: Friday & Saturday 4 PM–12 AM; Sunday 12 PM–12 AM; Monday 4 PM–12 AM

**Unleashed Veterinary Urgent Care**

Phone: (757) 841-8015

Address: 747 Volvo Parkway Ste 101, Chesapeake, VA 23323

Hours: Monday 10 AM–10 PM; Thursday–Friday 10 AM–10 PM; Sunday and Saturday 8 AM–10 PM **Closed Tuesday**

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**EMERGENCY 24 HOUR VETERINARY CARE**

**The Cove – Suffolk Veterinary Hospital Emergency**

Phone: (757) 935-9111

Address: 6550 Hampton Roads Pkwy #113, Suffolk, VA 23435

Hours: Monday - Friday open 24 hours

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**Bay Beach Veterinary Emergency Hospital**

Phone: (757) 427-3214

Address: 2476 Nimmo Pkwy, Virginia Beach, VA 23456

Hours: Open 24 hours/Day (Emergency Services)

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**Vest**

Phone: (757) 841-8378

Address: 6095 Indian River Rd, Ste 200, Virginia Beach, VA 23464

Hours: Typically open 24 hours; call to confirm specific availability