

TTT Aftercare

Tibial Tuberosity Transposition (TTT) has been performed today to patella luxation. A sulcoplasty has also been performed to deepen the groove that the patella sits in to further prevent luxation.

The bone is stabilized using two pins and a tension band wire whilst it heals, which takes a minimum of 8 weeks. Whilst the bone is healing, it is essential that we do not overload the implants and patient activity must be restricted. Failure to do so can result in increased swelling and subsequent infection, delayed healing, implant failure, and other complications which may result in an unsatisfactory outcome for the patient.

Post-Op Confinement

- All patients must be strictly confined for 6-weeks minimum following TTT. This is best achieved using a crate.
- The only exercise permitted for the first 6 weeks is slow, controlled walks to use the toilet. All patients must be kept on a lead at all times with no exceptions.
- Running, jumping or climbing must be avoided with no exceptions, including beds, couches or stairs. Any uncontrolled movement in the house is not permitted during the first 6-weeks.
- Slippery floors should be avoided.

Post-Op Wound Care

- The surgical incision must be protected from self-trauma. A buster collar must be worn at all times with no exceptions for the first two weeks. If a patient needs their collar removed to eat or drink then they must be constantly supervised during this time to ensure they do not lick the wound. A single lick can result in major complications such as infection or wound breakdown and have serious consequences for patient recovery.
- We will instruct you at the two week check whether it is safe to stop wearing the buster collar
- Please check the surgical incision at least twice a day. It should be clean, dry and free from any odour. There should be no gaps visible in the incision. If you have any concerns about the incision please contact us immediately.
- Please ensure the rest crate/rest area is kept clean and free from any urine/faeces
- Please ensure other pets in the house are kept away from the patient for the first two weeks.

Post-op Exercise

· Week 1-2

- o Max 10 minute slow walk on leash, twice daily (plus trips to toilet on leash as needed)
- o Cold compress 15 minutes, twice daily. Cold pack must be wrapped in a towel and not left unsupervised
- o Passive range of motion 20 repetitions, twice daily
- o Massage 5 minutes, twice daily

· Week 3-6

- o Max 15 minute slow walk on leash, twice daily (plus trips to toilet on leash as needed)
- o Passive range of motion 20 repetitions, twice daily
- o Massage 5 minutes, twice daily

Post op medication

- Meloxicam
- Gabapentin
- Paracetamol

Rechecks

- 2-3 day post op check
- 2-week post op check
- 4-week phone update
- 6-week post op check and x-rays

