



# CEDAR RUN VETERINARY SERVICES

CARING FOR HORSES DOGS AND CATS

## **Post-Blistering Recommendations**

Please follow the below recommendations pursuant to the treatment of your horse received for intermittent upward patellar fixation. A combination of 2% iodine in an almond oil vehicle was infused into the medial and middle distal patellar ligaments. An analgesic (pain killer) was administered with a sedative to reduce discomfort during the procedure. *No other medication for discomfort is recommended.*

1. Avoid the use of anti-inflammatory medications for 30 days post-treatment unless absolutely necessary (i.e. Phenylbutazone, Banamine, Ketofen, Aspirin, Dexamethasone). These medications will counteract the effect of the treatment.
2. Do not bathe your horse for 24 hours. Although the inject portals seal quickly, bathing in the first 24 hours can increase the risk of contamination.
3. Keep your horse MOVING. The injections are meant to cause inflammation, so pain and stiffness are expected. Moving will help minimize your horse's unwillingness to move.
4. Exercise immediately. Lunge at the walk and trot for 30 minutes total as soon as the horse wakes up. If possible, lunge every 2 to 4 hours until bed with evening turn-out for the first evening.
5. Lunge in the morning and mid-day on the day following the injection. Ride in the evening if they appear ready. Some heat and swelling of the stifle area is expected for 3 to 5 days following the injection.
6. Cross-train your horse for 30 to 45 days following the injection. We recommend 45 to 60 minutes of work 5 days a week. Walk, trot and canter up hills as much as possible. Ride a loose rein so that the horse may adjust to the stifles at their own pace. Avoid ring work for 2 weeks. Expect 4 to 6 weeks for your horse to adapt to their stifles.

We will touch base with you about once weekly to check on your horse's progress. Do not hesitate to call with any questions or concerns.

REBECCA D. YOUNG D.V.M.  
2746 ELLETT ROAD CHRISTIANSBURG, VIRGINIA 24073  
PHONE: 540-382-3993 • FAX: 540-382-3993