

## **Take Home Instructions**

### **OCD Shoulder Osteochondritis Dissecans**

Osteochondritis dissecans is a pathologic process in growing cartilage, characterized by a disturbance of in the way long bones grow during the rapid lengthening process of maturation. In this disease, cartilage that should change from cartilage to bone as the bone lengthens, remains cartilage and there develops a abnormally thickened cartilage at the articular cartilage surface. This cartilage can fissure and form a flap which can be very painful. The pain occurred when joint fluid comes in contact with the bone underneath the flap causing pain and inflammation.

An arthrotomy was performed to remove the loose flap and debride the bone beneath the flap. This will allow the area to heal with fibrocartilage. The healing process can take about 6 weeks. The abnormality in the joint may contribute to degenerative joint disease (arthritis) with time. In most cases after removing the flap and allowing the area to heal dogs are much more comfortable.

#### Instructions:

1. Monitor the incision carefully for redness, swelling, heat or oozing. These can be signs of infection so notify us should this occur.
2. The incision will be healed in 10-14 days. There are no skin sutures to be removed they are under the skin and will dissolve.
3. This area of the shoulder joint we are operating on is covered by several muscle bellies. Occasionally the surgical dissection can lead to the development of a seroma (serum pocket). A seroma is an accumulation of fluid that may seep from the incision or just appear as a swelling. Seromas usually resolve in 10-14 days. They are not an infection and as such are non-painful. Occasionally they may need to be drained.
4. Exercise restriction for the first 3 weeks is important to allow healing. This means no running, jumping, playing etc. Your pet should be walked outside on a leash for elimination and then right back in the house.
5. If everything is normal at three weeks, you can return your pet to normal exercise with gradual increase in freedom over the next 3 weeks. Dr. Lee will want to recheck your pet in 3-4 weeks to see how he/she is progressing.
6. Please call us with any concerns, you may have if your pet does not progress steadily.