

# INTESTINAL OBSTRUCTION AND SURGERY DISCHARGE INSTRUCTIONS

Your pet has been discharged following hospitalisation and surgery for an intestinal obstruction.

Below is a summary of the care provided and instructions for ongoing recovery at home.

## **Reason for Presentation**

Your pet was hospitalised due to sudden-onset vomiting, nausea, and signs of abdominal discomfort. These signs are often associated with gastrointestinal obstruction and can quickly become life-threatening if not addressed.

## **Diagnostics and Treatment Summary**

Upon admission, your pet was stabilised with intravenous fluids, pain relief, and supportive care. Diagnostic imaging (radiographs and/or ultrasound) confirmed the presence of an intestinal obstruction.

Emergency exploratory surgery was performed. The obstruction was located and removed via a single enterotomy (an incision into the intestine). The abdomen was flushed with sterile saline to reduce contamination. There was no evidence of bowel perforation or leakage at the time of surgery.

Recovery in hospital has been smooth. Your pet is now eating and drinking, no longer requires IV pain medication, and is comfortable enough to continue healing at home.

## **Ongoing Treatment Plan**

### **Medications**

Your pet has been sent home with medication, please follow the instructions carefully. If you experience any issues administering medications or your pet reacts poorly, contact us immediately.

### **Diet**

Feed small, frequent meals of a bland, easily digestible diet for the next 5–7 days. Suitable options include:

- Boiled chicken and white rice
- Royal Canin Gastrointestinal Low Fat
- Hill's i/d Digestive Care

Avoid fatty, rich foods, bones, or raw meat, as these can upset your pet's digestion or introduce harmful bacteria.

### **Activity and Exercise**

Restrict your pet's activity until the surgical site has fully healed:

- Leash walks only, limited to 5 minutes at a time
- No running, jumping, or rough play
- Avoid stairs where possible

Gradual return to normal activity is typically permitted after 10–14 days, once sutures or staples are removed and healing is confirmed.

## Home Care Instructions

- Check the surgical incision at least once daily.
- Look for signs of redness, swelling, discharge, or wound breakdown.
- Prevent your pet from licking or chewing the surgical site. Use an Elizabethan collar if necessary.
- Ensure fresh water is always available.

## Follow-Up and Results

- A revisit is recommended for suture or staple removal in 10–14 days. Please call to schedule this appointment.
- If any biopsies or lab tests were taken during surgery, results are typically available within 3–5 business days. Please contact us to follow up.



### Watch For – When to Contact the Vet

Please seek immediate veterinary attention if any of the following occur:

- Repeated vomiting or diarrhoea
- Loss of appetite
- Signs of abdominal pain (e.g., whining, reluctance to move)
- Weakness or lethargy
- Open, red, or oozing surgical site
- Difficulty urinating or defecating

Of particular concern is **septic peritonitis**, a potentially life-threatening infection that can develop if intestinal contents leak into the abdominal cavity. Prompt veterinary care is essential if your pet seems unwell in any way.

**Thank you for trusting us with your pet's care.**  
**Please don't hesitate to call us with any questions or concerns during the recovery period!**