

IVDD

what is crate rest?

Your dog is beginning conservative treatment
or
they have come home after surgery.

They need rest to heal.

Crate Rest means...

For Conservative Patients 100% STRICT 24/7	For Post-Op Patients Rest with surgeon-directed physio
Always in the crate except at potty time	Always in the crate except for potty time and physio
No sniff fests at potty time	Potty time walking may be directed by surgeon
Medications control pain while anti-inflammatories resolve swelling in spinal cord over 7-30 days	Pain meds and anti-inflammatories needed for surgical swelling for about 14 days
No beds or couches	No beds or couches
No cuddling in your lap	No cuddling in your lap
Disc takes about 8 weeks of limited movement to heal	Surgical areas need 4 - 6 weeks to heal

Join a support forum like [Dodgerslist.com](#) to learn tips and ideas to make this time go more smoothly.

anatomy of a recovery suite

location: a central room where you will often be

wire crate, ex pen, something they can see out of and feel involved

blanket draped over for a cozy, restful feeling

bowls at head height so dog doesn't have to bend (especially important for neck discs!)

100% synthetic fleece sheet tucked around mattress or dog bed

pee pad

mattress or dog bed wrapped in plastic bag to keep dry

large enough for dog to turn around, lie down with legs fully stretched out, and stand up on all fours.

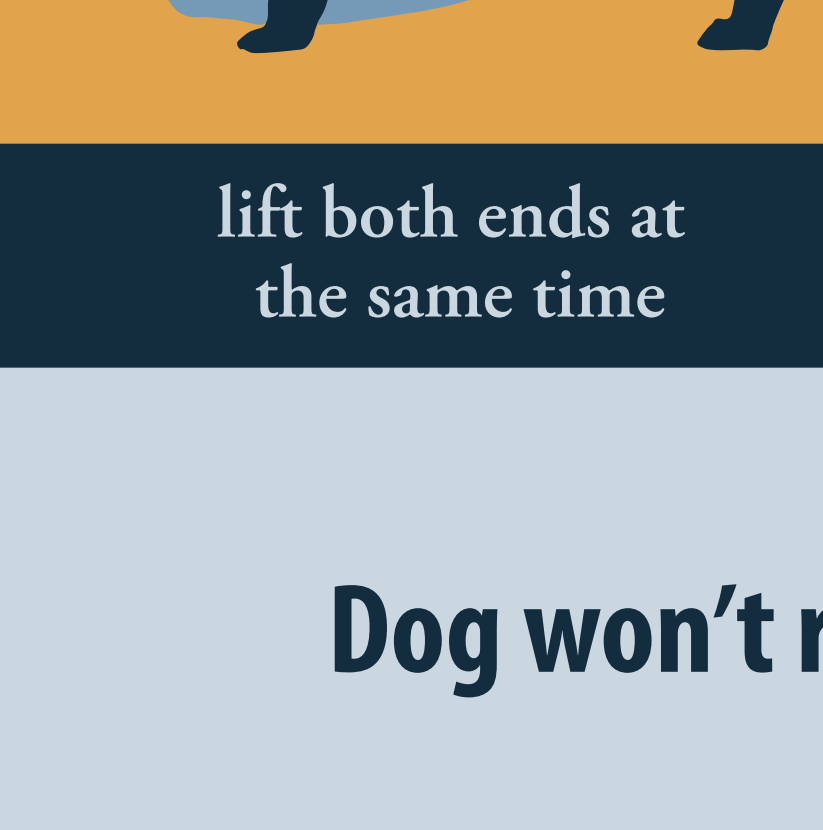
pad extra space with rolled up towels or blankets

neck injury?
place the crate on a sturdy raised surface so they don't have to raise their head to watch you

How to pick up a dog with IVDD

1

support the back under the pelvis



lift both ends at the same time

2

support the front under the chest



keep the spine horizontal

Dog won't rest in the crate?



darken the room



calming spray or diffuser



drape a blanket over the crate



classical music (there are albums made for dogs)



sedatives from the vet, or a painkiller with a sedating effect



do not reward fussing with attention

Stay positive!

Your dog will take emotional cues from you!

BATHROOM TIME

-  During crate rest, **CARRY YOUR DOG** to and from the potty place
-  **DO NOT** let your dog take more than a few foot-steps unless your surgeon encourages more walking; fence in a little area if that helps
-  If your dog is wobbly, **KEEP THE SPINE ALIGNED** by supporting their back end with a sling or Ginger Lead
-  If your dog has lost bladder control, your vet or vet tech can teach you to express their bladder

Find more information in **IVDD CRATE REST BONUS - Bladder & Bowel**

Watch for neurological function to return!



- Deep pain sensation returns** (take only the word of a specialist--this stage bodes well for more nerve repair to take place!)
- Tail starts wagging when excited**
- Bladder control returns**
- Paralysis reverses** (can support themselves on their back legs)
- Paws no longer "knuckle"** (dog feels when paws are turned under and corrects them)
- Wobbly walking stabilizes**
- Pain is gone**


Some dogs may not regain all these things during crate rest.
Some functions take months or a year to return.
Some functions may never return at all.


Life with IVDD will be discussed in "IVDD - Recovery"

END OF CRATE REST

Before the end of the 4 - 6 weeks (surgery) or 8 weeks (conservative), all meds will have been stopped.

If your dog has no pain, **CONGRATULATIONS!** They have completed crate rest!

A slow re-introduction to physical activity can begin! They can have short periods of activity at first, slowly building up to normal activity.

how do I know if my dog is in pain?
what medications should my dog be on?

continued in "IVDD Primer - Medications"

This information is intended for general knowledge only and is not a substitute for professional veterinary advice, diagnosis or treatment, nor is it intended to replace consultation with a qualified veterinarian.