

# FHO - Femoral Head Osteotomy

## What conditions does FHO treat?

Hip dislocation (best in pets weighing less than 60 lbs, but may be appropriate in some larger dogs)

Genetic diseases that cause the head of the femur to deteriorate

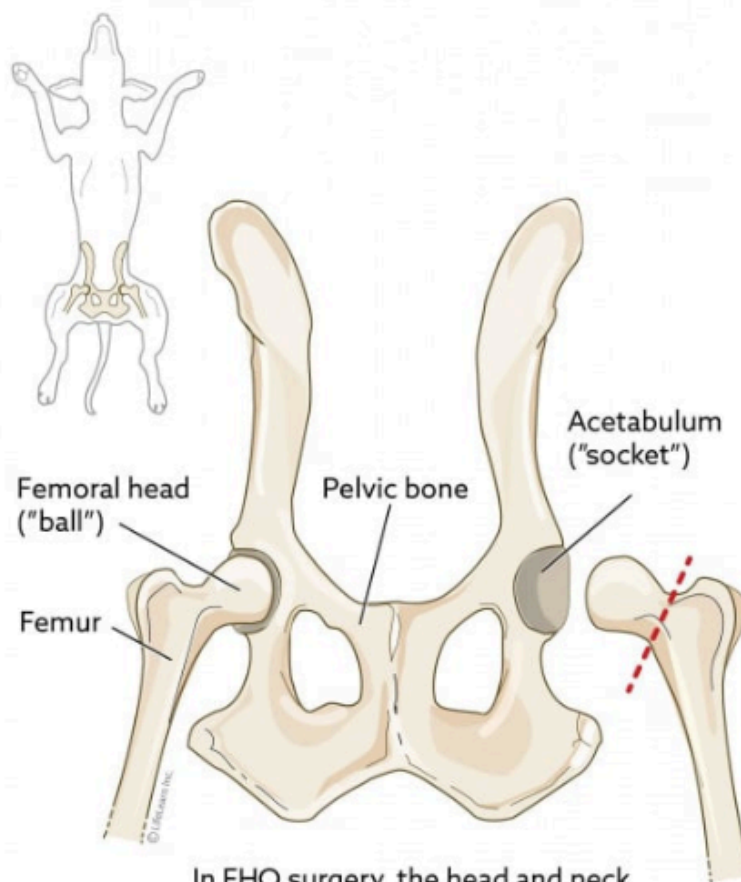
Certain fractures of the hip and pelvis

## How does FHO work?

During FHO, the head and neck of the femur are removed completely.

During healing, scar tissue fills the void where the head and neck of the femur used to be, creating a "false joint".

With the proper type of exercise during the first few weeks after surgery, the false joint will form with excellent range of motion, comfort, and function for your pet.



In FHO surgery, the head and neck of the femur is removed at the dashed line.

## What does recovery look like?

50% of patients will put some weight on the leg within 24-48 hours.

By 2 weeks, they are typically putting 60-80% of normal weight on the leg

By 8 weeks, most pets walk with only a mild limp.

Healing is often complete by 4 months after surgery.

---

## Won't my pet be in pain?

Any major orthopedic surgery causes some short-term discomfort. We use a multi-faceted approach to keep your pet as comfortable as possible.

Injections of strong intravenous pain medication are given before, during, and after surgery.

Right before the end of surgery, a series of numbing injections is given that partially numbs the surgery site for 72 hours.

A combination of oral pain medications will be sent home as well.

---

## Exercise restriction is important for the first 6 weeks

There should be minimal activity for the first 3 days, but after that, low-impact exercise is encouraged. Sedatives will be sent home with your pet to help keep them quiet once they're feeling better.

No running, jumping, or playing for 6 weeks, but once your pet can walk comfortably, you can encourage limited trips up and down hills, stairs, or ramps to help increase flexibility and strength in the muscles surrounding the surgery site.

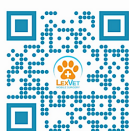
It's a good idea to prepare yourself and your home environment **before** surgery - visit the [www.lexvetsurgery.com](http://www.lexvetsurgery.com) **FAQs** for hints and tips.

---

## Recheck Schedule

At 6 weeks, your pet will have an orthopedic exam to check range of motion in the hip. Most pets have good range of motion at this point, but if your pet's hip has healed a little tight, a single session of sedated stretching will correct this. At this visit, you will be given a plan to gradually return your pet to full exercise over the following 4 weeks.

Remember that full recovery may take as long as 4 months, but the first 6 weeks are the most critical.



[www.lexvetsurgery.com](http://www.lexvetsurgery.com)



@lexvetmobilesurgery

