VetterCare
Expert Pet Care. At Home.



A FREE KIT FOR PARENTS OF A DOG WITH IVDD

Crate rest, one day at a time.

VetterCare's founders, Tony and Karen, started the company after caring for their own dachshunds, one of them with IVDD. Weeks of strict rest go easier with your vet's plan on paper. This kit helps you set up, keep track, and hand off your dog's care with confidence, whoever is giving it.

General information to use with your veterinarian. Not medical advice.

1 Home setup for crate rest

2 Rest calendar

3 Crate-rest day log

4 Call your vet now

5 Care handoff sheet

6 Questions for your vet

STEP 1 · BEFORE REST BEGINS

Home setup for crate rest

Your vet sets the length of rest and the house rules. Here is what the published veterinary sources describe. Ask your vet about anything that doesn't fit your dog.

The space

- [ ] A crate, or a small room with no furniture. ACVIM 2022; Illinois
- [ ] The crate lets your dog stand up, turn around and lie down, with room for food and water. Texas A&M
- [ ] A soft, well-padded bed. It may help prevent pressure sores. ACVS
- [ ] No slippery floors or long flights of stairs on the way outside. Texas A&M

House rules

- [ ] No running, jumping, playing or stairs. ACVIM 2022; Cornell; Illinois
- [ ] No getting on or off furniture. ACVIM 2022; Cornell; Illinois
- [ ] Outside only on a leash, only to urinate and defecate. Illinois
- [ ] Rehab exercises your vet prescribes still happen. Crate rest doesn't mean skipping them. ACVIM 2022

Every day

- [ ] Medications given exactly as prescribed, at the times on your vet's label.
- [ ] Each time your dog urinates and defecates goes in the day log. Your vet will want to know.
- [ ] If your dog can't move the back legs, help them change position, as your vet instructs. ACVS
- [ ] Check the skin for sores. Cornell

Why strict rest matters: if a dog becomes more active too soon, the disc can push out further and press harder on the spinal cord. Merck Veterinary Manual

Anything else my vet wants in the setup:

STEP 2 · FILL IN THE DATES WITH YOUR VET

Rest calendar

At least 4 weeks of strict rest is the current standard, with or without surgery. Some dogs need 4–6 weeks. Your vet sets the dates. ACVIM 2022; Cornell; Illinois

Rest starts _____ **Rest ends (vet's date)** _____

Surgery date, if any _____ **Rehab exercises start** _____

Recheck _____ **Recheck** _____

First short leash walks, per my vet's plan _____

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
2							
3							
4							
5							
6							
7 if needed							
8 if needed							

Write the date in each box and tick it off at bedtime. Mark rechecks and rehab sessions. Recovery usually takes weeks to months, so print another copy if your vet extends rest. (ACVS; Cornell)

STEP 3 · ONE LINE PER DAY

Crate-rest day log

Bring this to every recheck. It's a record for you and your vet, not a guide to changing treatment.

Date	Urinated times	Defecated times	Bladder help only if your vet asked	Walking same / better / worse	Comfort calm, crying out, not wanting to move, flinching	Meds given as prescribed time + initials	Notes

Your vet will want to know each time your dog urinates and defecates. Bladder control can lag behind walking. After surgery, watch for crying out, not wanting to move, or flinching when touched, and tell your vet. (ACVIM 2022; Illinois) Print as many copies as rest needs.

STEP 4 · KEEP THIS ON THE FRIDGE

Call your vet now

CALL YOUR VET OR AN EMERGENCY HOSPITAL RIGHT AWAY IF YOUR DOG

- Can't walk
- Can't move one or more legs
- Is paralyzed and can't feel the feet
- Can't urinate
- Can't fully empty the bladder
- Gets worse during rest or after surgery
- Has weakness spreading toward the front legs
- Has trouble breathing

Moving quickly is essential. Outcomes get worse the longer feeling in the feet is lost.

In the days after a severe disc injury, a rare and serious complication can cause weakness that spreads toward the front legs, or trouble breathing.

Cornell Riney Canine Health Center; American College of Veterinary Surgeons; Merck Veterinary Manual; ACVIM consensus statement 2022; University of Illinois CVM

TELL YOUR VET IF YOU NOTICE

- Crying out
- Not wanting to move
- Flinching when touched
- Leaking urine or stool

After surgery, the incision area can stay sore for up to 6 weeks. (ACVIM 2022; Illinois; Cornell; Merck)

If your pet is experiencing an emergency, please contact your veterinarian or the nearest emergency animal hospital right away.

Our vet _____ Phone _____

Neurologist or surgeon _____ Phone _____

Emergency hospital _____ Phone _____

STEP 5 · FOR ANYONE CARING FOR YOUR DOG

Care handoff sheet

Dog's name _____ Weight _____ Age _____

Our vet _____ Phone _____

Emergency hospital _____ Phone _____

My phone while I'm away _____

REST AND GOING OUTSIDE

Rest ends (vet's date) _____ Times to go out on leash _____

Allowed, per my vet's written instructions _____

Rehab exercises my vet prescribed _____

Help changing position ☐ not needed ☐ yes, how often: _____

Medication (name on the label)	Amount, as prescribed	Times	Given with food?

BLADDER, BOWELS AND FOOD

Bladder help ☐ not needed ☐ yes, only as my vet instructs, how often: _____

Who showed us how, and who to call with questions _____

Food + amount during rest _____ Times _____

ASK YOUR VET, AND WRITE THEIR ANSWER HERE

If my dog doesn't urinate when taken out, what should my caregiver do?

If a medication is missed or late, what should happen?

If my dog gets worse (see page 4), who should be called first?

STEP 6 · BRING THIS TO YOUR NEXT VISIT

Questions for your vet

1. Can my dog still feel deep pain, and what does that mean for recovery?
2. Do you recommend strict rest, surgery, or a referral to a neurologist?
3. How long is crate rest, and what is my dog allowed to do?
4. Will I need to express my dog's bladder? Can someone show me how?
5. Which signs mean I should call you right away?
6. How much should my dog eat while resting? Can I add a supplement? Ask before adding any supplement (Cornell).
7. When can we start rehab exercises, and which ones?
8. What can I change at home to protect my dog's back after recovery?
9. When is our next recheck?

Sources. American College of Veterinary Surgeons, "Intervertebral Disc Disease" · Cornell University College of Veterinary Medicine, Riney Canine Health Center (three IVDD articles) · Merck Veterinary Manual, "Disorders of the Spinal Column and Cord in Dogs" · ACVIM consensus statement on acute canine thoracolumbar disc extrusion, Journal of Veterinary Internal Medicine, 2022 · Texas A&M College of Veterinary Medicine & Biomedical Sciences · University of Illinois College of Veterinary Medicine · Washington State University Veterinary Teaching Hospital.



NEED TO STEP AWAY DURING CRATE REST?

A veterinary professional can keep the plan going.

Crate rest can last a month or more, and life doesn't always pause for it. A VetterCare veterinary professional can follow your veterinarian's crate-rest and medication plan at home, as set out in your veterinarian's written instructions. Your dog stays home, in a quiet routine. You get photo updates while you're away, and you meet your veterinary professional in person before you leave.

vettercare.com

(844) 697-3871

In-home care across Greater Phoenix, Tucson, Prescott and Dallas–Fort Worth.

VetterCare gathers this information from published veterinary sources. It is general information, not veterinary advice, and doesn't replace an exam by your veterinarian. VetterCare veterinary professionals follow your veterinarian's instructions. If your pet is experiencing an emergency, contact your veterinarian or the nearest emergency animal hospital right away.

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