



Spay/Neuter Clinic Instruction Sheet  
CONTRA COSTA ANIMAL SERVICES DEPARTMENT  
4800 Imhoff Place, Martinez, CA 94553  
Martinez Shelter 925-608-8420



## Important Information About Your Pet's Health Taking Care of Your Pet After Surgery

**All animals are to be picked up by an adult between 3:30 and 4:00p.m. on the day of surgery. Pick-ups after 4:00pm will incur a late pick-up fee to be paid upon pick up.**

### **ALL ANIMALS:**

1. Anesthesia and pain medications given to your pet may cause mild lethargy or grogginess for 12-24 hours.
2. Water should be available at all times. Offer a 1/3 normal meal about 2-3 hours after getting home. Some animals may not want to eat or may vomit. If so, offer food again in the morning.
3. There are generally no external stitches. If there are stitches that need to be removed, you will be advised, and an appointment scheduled for removal.
4. Your pet has been sent home with an e-collar (other than male cats). The e-collar should remain on for the next 10 days to prevent trauma to the incision which can be life-threatening in some cases.
5. E-collars provided by CCAS must be worn for the entire 10 days. Changing the e-collar for a donut/soft cone/surgery suit or another such like item may result in follow-up care fees, medication fees or repair fees if needed.
6. DO NOT give any other medication without first consulting a veterinarian.
7. **Your pet's activity should be strictly restricted for the next 10 days. This means: no running, jumping, swimming, dog park, day care, long walks, hiking, bathing, or other vigorous activities. Short walks to go to the bathroom are acceptable.**
8. Bleeding or discharge from any incision should be considered abnormal. Please call us if noted.  
**If you have any concerns, call Contra Costa Animal Shelter Medical Services at 925-608-8428** during business hours: M-Sat 8AM-5PM. **After hours, please contact Sage Centers Concord 925-627-7243 if you feel your pet is having a medical emergency** that cannot wait for our regular business hours however, you will be responsible for all fees incurred.

### **DOGS:**

1. Most dogs exhibit no effects of the anesthesia except for some mild sedation. They should be allowed to recover the evening of surgery in a quiet area **alone and away from other pets and small children**.
2. Healing takes approximately 10 days during which time your dog should be confined and activity strictly limited--no running, jumping, swimming, dog park, day care, long walks, hiking, bathing, or other vigorous activities. Short walks to go to the bathroom are acceptable.

### **CATS:**

1. In cats, the effects of anesthesia may not dissipate for 24 hours. Responses to external stimuli (light, noise, and movement) may be exaggerated, and the cat should be allowed to recover this evening in a small quiet, darkened area **alone and away from other pets and small children**.
2. Cats should be kept indoors for up to ten days following surgery. Activity should be restricted for at least ten days no running, jumping, climbing, bathing, or other vigorous activities.
3. Incision area may show some temporary swelling about the size of a walnut in the female cat, which rarely requires any treatment.
4. Male cats rarely bother their incision site. If you do notice your cat licking at the incision, we advise that you purchase an e-collar at your local pet store.

All animals are examined before release, so the need for further veterinary services is rare. If you are worried about the incision or your animal's behavior, please call us during our business hours M-Sat 8AM-5PM at 925-608-8428. Fees for rechecks and medications may apply.

If it is during business hours (M-F 8AM – 5PM), call us at [925-608-8428](tel:925-608-8428). We have medical staff on duty that may be able to assist you with any questions or problems. If you need to utilize an emergency clinic, you can call Sage Veterinary Emergency in Concord at 925-627-7243. **NOTE: If you choose to utilize any veterinarian or emergency clinic for follow up examination or treatment, fees incurred will not be reimbursed by Contra Costa County.**