



Spay/Neuter Post-Operative Instructions

Provided by SBPA (Spay/Neuter Program for Animals)

Thank you for being part of the solution to animal overpopulation! Your pet has undergone a sterilization surgery today. Please follow these instructions carefully for a safe and healthy recovery. We understand in the case of street dogs/cats and strays, following these instructions may not be practical. Any recommended post-op care that may be provided is helpful for a successful recovery for the animal.

1. General Care

- Keep your pet **indoors** and **warm** tonight. Anesthesia lowers body temperature and coordination.
 - Limit activity for **7–10 days**. No running, jumping, or rough play.
 - Use a **leash** when taking your dog outside. For cats, keep them confined to a small room or carrier if needed.
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2. Incision Site

- **Do not bathe** your pet or allow swimming for **10 days**.
- Check the incision **twice daily**. A small amount of redness or swelling is normal.
- **Do not apply ointment or hydrogen peroxide**—this can slow healing.
- Call a vet if you see:
 - Severe swelling or redness
 - Discharge (pus or blood)
 - Open or gaping incision
 - Persistent licking or chewing at the area
- or; if these issues present themselves on the day of the clinic, return the animal to the clinic for follow up treatment as soon as possible.

SBPA Clinic - Av. E, Ranchito Campestre, 85506 San Carlos, Son., Mexico



3. Prevent Licking

- If your pet tries to lick the incision, use an **e-collar (cone)** or recovery suit.
- Licking can lead to infection or cause the incision to open.

4. Food & Water

- Offer a small amount of food and water this evening.
- Your pet may have a reduced appetite for 24 hours due to anesthesia.
- If vomiting, withhold food until morning and offer a small bland meal.

5. Pain Management

- Your pet received a pain injection today.
- **Do not give human pain medications** - many are toxic to pets.
- Contact your vet if your pet seems very uncomfortable after 24 hours. If clinic is open the next day (Saturday clinics), bring your animal back for evaluation.

6. Monitor Behavior

- Mild grogginess or shivering after surgery is normal.
- Contact a veterinarian if your pet shows:
 - Difficulty breathing
 - Pale gums
 - Collapse or unresponsiveness
 - Refusal to eat or drink after 24 hours



7. Stitches

- Most incisions have **dissolvable sutures** and **do not need to be removed**.

Emergency Contact

If you have questions or concerns about your pet's recovery, please call a veterinarian if the issue seems serious. For general questions contact your vet or send SBPA an email for non-urgent questions and we will get back to you as soon as possible.:

Email: hola@sbpamx.org

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Thank you for caring for the animals in our community! Sterilization is a big step toward controlling animal overpopulation and provides a healthier, longer life and a better future for animals in our community.

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