



Femoral head and neck ostectomy

FHNO

About Femoral head and neck ostectomy

Femoral head and neck ostectomy (FHNO) is a procedure used to address certain hip issues. When hip conditions cannot be repaired and hip replacement is not an option, removing the painful parts of the hip joint becomes necessary to provide your pet with functional use of the hind leg. Conditions of the hip and femur, such as fractures of the head or neck of the femur, chronic hip luxation, complex hip joint fractures and certain genetically predisposed conditions (Legg-Calve-Perthes disease) can be treated by.

The Surgical Procedure

During the surgery, the hip muscles are dissected to expose and remove the femoral head (the ball of the hip) from the thigh bone. Afterward, the hip joint capsule and muscles are sutured back, creating a pseudo or 'false' joint. This procedure alleviates the pain caused by a nonfunctional hip joint. Although this new joint is not a 'true' joint and lacks the stability of a normal hip, it still provides acceptable function for the hind leg.

The new joint's stability relies on scar tissue and surrounding muscles, making immediate use of the leg essential. Unlike most surgeries, rest is not recommended in this case.

The Aftercare - Please read this form carefully



Wound Care

Sutures are usually resorbable, under the skin and there is no need to be removed. Protect the surgical site with an Elizabethan collar for 14 days to prevent self-trauma. Clean, dry, and odour-free surgical wounds are expected, contact your vets if you notice any discharge or swelling.

Cold and Warm Therapy

In the first 3 days after the operation, apply an ice pack wrapped in a towel to the surgical site for 15 minutes, 2-3 times daily. This reduces inflammation and discomfort. Some swelling in the area of operation is normal. After the initial 3 days, switch to a warm pack (not too hot!) for 4 weeks. This stimulates blood flow to the surgical site and promotes tissue healing.





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Medications

Your dog will be sent home with anti-inflammatories, painkillers and antibiotics. It's essential to adhere to the instructions provided. Please report any vomiting, diarrhea, or other unusual changes to your veterinarian immediately.



Exercise and physiotherapy

It is crucial for your pet to engage in exercise and physiotherapy after this procedure. Fibrous tissue will develop in the area where the hip joint was removed, and limited activity may cause this tissue to tighten, resulting in a decreased range of motion in the operated leg.

Physiotherapy

1-4 Weeks Post-Operatively

Sit-Stand Exercise

- Have your dog sit and stand for 5 repetitions, increasing the number weekly.

Elevated Sit-Stand

- Place a small elevated surface, like a box, behind your dog's back legs. Ask them to sit on this surface up to 5 times a day.

Alternate Weight-Bearing

- Stand behind your dog and use a treat to encourage them to turn to one side, then the other. You can also bring the treat between their front legs, prompting them to put their head between their front legs.

4-6 Weeks Post-Operatively

Unstable Surface Weight-Bearing

- Perform the alternate weight-bearing exercise on a soft surface, such as a padded mat or foam roll.

Weaving Exercise

- Set up an obstacle course with 6 objects spaced out the length of your dog. Walk your pet slowly between the obstacles 5 times daily, using a short lead.





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Pole Exercise

- Place poles or objects close to the ground so your dog needs to step over them. Ensure they walk slowly and do not jump over the obstacles. Repeat 3 times, twice daily.



Recheck with your vet

Checkups with your vet are recommended at day 3 and day 10, 4 weeks and 8 weeks postoperative.

