



**So You've Got A New Puppy....**  
*There's a few things you should know:*

## **VACCINATIONS**

Because their immune systems are not fully developed, puppies are highly susceptible to disease during their first six months of life. To develop immunity against several serious illnesses, puppies need a series of vaccinations beginning at 6 to 8 weeks of age. Our hospital vaccinates against Distemper, Parvovirus, Hepatitis, CIRDC and Rabies (see vaccination handout for more information). Booster vaccinations are required every month until the puppy is 4 months old.

## **DEWORMING**

Puppies should be dewormed at the time of their first vaccinations. Most puppies are infested with roundworms, which they often get from their mother in utero and for mammary transmission. Hookworms are maternal trans-mammary transmission. At our hospital we treat tapeworms, roundworms, hookworms or whipworms with Dolpac (for puppies 8 weeks or older).

## **SPAYING AND NEUTERING**

We recommend spaying or neutering most dogs at 6 months of age. Discuss with your vet if you have a large or giant breed dog. "Fixed" animals are less likely to wander and are often less aggressive. In males, neutering discourages "leg-lifting" (marking territory with urine) and can ward off problems with the prostate gland later in life. Females spayed before their first heat cycle have a greatly reduced incidence of breast cancer, and are protected from potentially fatal infections of the uterus. In addition, neutering helps reduce the unwanted pet population. Over a million homeless dogs and cats are euthanized every year in Canadian shelters - please don't add to this terrible problem!

## DIET

Many puppy foods are available from supermarkets, pet stores and veterinary clinics. Some good choices are: Hill's Ideal Balance and Hills Healthy Advantage. In general, dogs need a puppy food until they're 10-12 months old. The exception is fast-growing pups of the large breeds (especially German Shepherds and Rottweiler's), as rapid growth during the first year of life can predispose them to hip and elbow dysplasia and other forms of arthritis. For these dogs we recommend Large Breed puppy food.

Young pups have small stomachs and therefore need numerous small meals in a day. If your schedule allows, you can limit-feed three or four times daily, letting the pup eat as much as it likes for about 15 minutes before withdrawing the food bowl. If you're not home with your pup during working hours it is best to give unlimited access to food during this time.

## HOUSE-TRAINING

The best way to house-train your puppy is to anticipate when it needs to go out. Prime bathroom times are:

- After the puppy wakes up from a nap. Puppies yawn, stretch, waddle a few feet and then urinate within a minute of waking.
- When you arrive home, your pup will probably wake up when you come in and will be excited to see you.
- About 20 minutes after a long drink or 30 minutes after eating.
- Following vigorous play sessions.
- Whenever the puppy appears anxious, or starts to sniff around. Males are better at signalling their intentions than females.

Praise your puppy whenever it goes outside or uses its paper. If you catch the pup messing in the wrong place, immediately yell "no!" (or whatever command you have chosen to indicate disapproval). DO NOT scold accidents after the fact or rub the pup's nose in the mess. Punishment after the fact only causes fear and confusion.

## TRAINING

Start training your puppy today! Puppies can learn simple commands such as "come here" and "sit" at a very early age (8-10 weeks). Train using positive reinforcement (such as lavish praise, petting, or a food treat) rather than by scolding, as a negative approach may permanently affect your dog's attitude during this most impressionable period of its life.

*Enjoy your puppy! If you have any questions or concerns, we'd be happy to talk about them!*

# VACCINATING YOUR DOG



## The standard series of vaccinations at The Pet Hospital

### Parvovirus

Parvovirus is a highly contagious disease which is common in young dogs. The virus is spread in feces and it attacks very quickly, destroying the intestinal tract and the dog's immune system. Infected dogs have a high fever, diarrhea, and vomiting. If left untreated, the disease is often fatal. Treatment for Parvo includes intravenous fluids and antibiotics. For pups, a minimum of three Parvo vaccinations are required to produce immunity. The initial vaccination will need a booster twice in 3-4 week intervals.

### Canine Distemper

Distemper is a highly contagious viral infection of the brain and nervous system. Early in the disease there is fever, diarrhea and vomiting, often accompanied by coughing, discharge from the nose, eyes, and thickened foot pads. These signs quickly progress to in-coordination, blindness, muscle rigidity and convulsions. There is no specific treatment, and in young dogs the disease is usually fatal. Pups that survive distemper may develop encephalitis in old age. Vaccination is effective in preventing distemper in dogs of all ages. The initial vaccination will need a booster twice in 3-4 week intervals.

### Adenovirus (infectious canine hepatitis)

Adenovirus attacks the liver. Most infections are mild and don't produce noticeable illness. However, the virus occasionally produces an acute, fatal disease that resembles Parvo or Distemper. Initially, the dog may be feverish and lethargic, with painful abdomen, vomiting and diarrhea. The worst cases may develop internal bleeding. There is no effective treatment. Prevention is achieved through vaccination. The initial vaccination will need a booster twice in 3-4 week intervals.

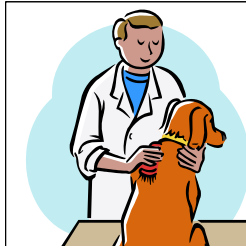
### **Canine Infectious Cough (Parainfluenza virus and Bordetella)**

CIRDC is caused by many pathogens (viral and bacterial), but two more common causes are Bordetella and Parainfluenza. Dogs will typically develop a dry hacking cough which may be accompanied by a fever. Most dogs recover without treatment, though some develop secondary infections that can progress to pneumonia. Dogs entering high risk situations, such as a boarding facility, off-leash park, dog show, obedience class or daycare should receive the vaccination at least ten days prior to exposure. Immunity to our CIRDC vaccine lasts for approximately one year after vaccination.

### **Rabies**

Rabies is a fatal viral disease which can infect any warm blooded animal, including humans. It is transmitted through bodily fluids such as saliva. Transmission often occurs through bite wounds. Symptoms are varied, but a change in behavior or attitude is consistently seen. Increased aggressive behavior, incoordination, drooling, gagging, paralysis, muscle weakness, and depression are all suspicious signs. Vaccination has greatly reduced the incidence of rabies; however the disease is still common in wild animals, particularly skunks, bats, and coyotes. The rabies vaccine is boosted in one year then generally done every 2-3 years, depending on the type of vaccine used. Rabies is a public health risk in human/dog bite incidents.

# SPAYING YOUR DOG



## **WHY IS SPAYING SO IMPORTANT?**

- Prevention of "heat cycles" or estrous, which eliminates spotting on the carpets and furniture.
- Reduces the urge to escape and roam.
- Eliminates unwanted litters, and aids in keeping the dog population under control.
- Prevents pyometra which is an infection of the uterus.
- Prevents breast cancer.
- Eliminates uterine and ovarian cancer.

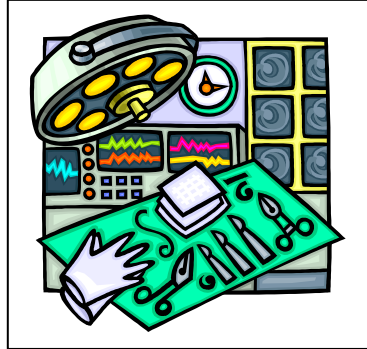
## **WHEN SHOULD THE OPERATION BE PERFORMED?**

Most veterinarians recommend spaying your dog at approximately 6 months of age. Please discuss with your vet if you have a large or giant breed dog. Your puppy will be examined by a veterinarian and may have blood tests performed to ensure the dog's health before undergoing surgery. The surgery is performed under general anesthesia. A small incision is made in the abdomen, and the ovaries and uterus are removed. The incision is then stitched closed. Spaying is considered a major operation. The risk of complication is low.

## **WHAT TO EXPECT AFTER SURGERY**

Restriction of activity is very important. Most dogs resume normal activity within a few days of surgery. Until then, no swimming or bathing and no climbing up and down stairs. In some cases, a dog may be sent home with an E-Collar to prevent her from licking the surgical area.

# NEUTERING YOUR DOG



## **Why is Neutering so Important?**

- Neutering reduces the risk of prostate cancer, prostatitis, and urinary tract infections.
- It reduces the risk of hormone related diseases such as anal tumors, and enlarged prostate.
- Neutering eliminates the risk of testicular cancer.
- It eliminates sexual urges, which in turn decreases the urge to escape and roam.
- It can reduce aggression and other behavioral problems.
- Neutering prevents unwanted litters and aids in controlling the puppy population.

## **When Should the Operation be performed?**

Veterinarians recommend that you neuter your dog at approximately 6 months of age. Discuss with your vet if you have a large or giant breed dog. Your puppy will be examined by the veterinarian, and blood tests may be performed to ensure the dog's health before undergoing surgery. The surgery is done under general anesthesia. A small incision is made above the scrotum and the testicles are removed. The incision is then stitched closed. The risk of complication is very low.

## **What to Expect After Surgery**

Restriction of activity is very important for 7-10 days after surgery. Most dogs resume normal activity at this time. Until then, no swimming, bathing, running, and no climbing up and down stairs. In some cases, a dog may start to lick the incision site. This can be prevented by applying an Elizabethan collar over the head for a few days post-surgery. If the animal licks his incision site, it can cause delayed healing, infection, or he may chew the stitches out.



## DENTAL HOMECARE FOR YOUR PET



Routine dental care at home is required to ensure that your pet maintains a healthy mouth. Plaque is responsible for periodontal disease and starts to build up on teeth only 4-6 hours after a professional cleaning. Daily brushing is the best way to remove plaque. Special dental diets and treats are recommended to help reduce the formation of tartar. There are also products such as Chlorhexadine mouth rinse that can be used in the fight against periodontal disease.

### **For your pet we recommend a routine consisting of:**

- Daily brushing with C.E.T. toothpaste
- Chlorhexadine oral rinse
- Veterinarian recommended diet, and treats for your pet
- Routine annual oral exams with your veterinarian

### **Special Diets and Treats**

- **Hills T/D:** A complete diet that uses a fiber matrix structure and large kibble size to remove tartar from teeth. It is most effective when used as a daily diet rather than a treat.
- **Medical Royal Canin Dental Formula:** A complete diet that has large kibble, and Sodium Hexametaphosphate, to reduce tartar formation. Hexametaphosphate is a safe food additive found in many edible products.
- **CET and Enzadent Chews:** These are once daily treats that contain enzyme systems designed to remove plaque and prevent the buildup of bacteria.
- **Medi-treats:** Low Calorie, low fat, low sodium treats available for dogs and cats. These treats help control tartar build up.



# Animal First Aid Kits

- Veterinary and Emergency Clinic phone number's
- First aid book for companion animals
- Latex gloves
- Gauze sponges
- Roll bandages
- Adhesive tape
- Non-adherent sterile pads
- Scissors
- Clippers
- Tweezers
- Baby dose syringe or eye dropper
- Water based lubricant
- Over the counter topical antibiotic ointment
- Sterile eye lubricant
- Sterile saline eye wash
- Materials to make a splint ( stick, newspaper)
- Thermometer
- Towels
- 3% Hydrogen Peroxide

Remember that first aid kits are intended only for immediate, emergency action. They are for dealing with small scrapes, not for illness or major injuries. Call your Veterinarian immediately for help and advice. Remember to read the labels for proper instruction when using medications.



## How to Trim Your Pet's Nails



Your pet needs a manicure from time to time. Nails left too long can cause pain and lameness due to deviation of the toes. It is also more likely that a long toe nail will get caught on something, break off and bleed.

Cats, dogs, rabbits, ferrets, and guinea pigs can all be done much the same way.

1. Have someone hold your pet.
2. Use good quality trimmers. For very small pets, human nail trimmers can be used.
3. If you can see the quick (the pink part of the nail, which contains blood vessels), trimming will be easier to do. Just cut the nail 1/8 of an inch longer than the quick, where the nail is all white.
4. If your pet has black nails, cut the nail just above an imaginary line drawn from the bottom of the foot pad. To be safe, you can also just trim small bits of nail off at a time until you are more comfortable with trimming.
5. If the nail begins to bleed, apply pressure to the tip with a clean cloth or bandage for 1 to 3 minutes. There are products you can purchase which will stop the nail from bleeding, or you can try using a pinch of corn starch and pressure to stop the bleeding.

If you are having trouble trimming your pet's nails at home, an RVT can do it for you, and show you how to do it until you are more confident in trimming them yourself.

## Chewing Behavior in Dogs



Canine chewing sprees can be expensive and frustrating. In most cases, doggy devastation occurs in the owner's absence. Frustrated at their inability to correct the dog, many owners resort to punishment.

Dogs chew out of necessity, boredom, anxiety or enjoyment. Puppies especially have a strong urge to chew. Not only do they chew to relieve the irritation of teething but also, pups characteristically investigate the environment with their mouths and paws. Everything is pawed, sniffed, licked or chewed to see whether or not it is tasty or fun to play with. Regular chewing is essential for maintaining the health of the dog's teeth, jaws, and gums.

**Chewing is a normal, natural, and necessary canine behavior.**

The problem is not that the dog chews but rather what the dog chews. Prevention and treatment of unwanted chewing requires access to acceptable and appropriate chew toys.

Separation anxiety is often cited as a cause for the dog's owner-absent destructive behavior. Dogs chew to relieve the anxiety of being alone. It is very important to foster confidence and independence by teaching the dog how to amuse itself during the owner's absence. Crate training is an excellent teaching tool for dogs. When at home, periodically confine the dog to the crate for short periods with chew toys for amusement. The dog will become accustomed to confinement but also, the owner can monitor him when he is in the crate.

Whatever the cause of chewing, animal nature, boredom, anxiety, or fun, the solution entails redirecting chewing tendencies to appropriate chew toys. **Chew toys should be both indestructible and non-consumable.** The choice of chew toy depends on the dog's strength and compulsive nature of his chewing. Your vet can help make recommendations specific to your pet. Use kibble or treats to hide in chew toys (Kong) to heighten the dogs interest and to entice him to chew them exclusively. The dog in turn is rewarded for chewing his chew toy in the owner's absence, and will continue to chew his chew toy, knowing there are more treats inside the toy.

Apart from using treats to increase the value of chew toys, passive training offers a sure-fire way to cement the dog's chewing habits. When away from home, confine the dog to a single room that contains nothing for the dog to destroy. Put a few chew toys in the room and the dog will quickly develop an appropriate chew toy habit. This helps the dog adjust to confinement especially when this training technique is periodically done when the owner is home.

# CRATE TRAINING



The Dog crate is a wonderful training tool. Apart from transporting the dog, the crate may be used for short-term confinement. Confining the dog to the crate prevents it from developing bad habits, and in turn creates good household behavior. Crates are useful in housetraining, establishing chew toy habits, and to reduce hyperactivity and barking. We would like to see a young pup run happily into his crate and settle down for a nap, however, it may be difficult to crate train some dogs for novice owners.

Crate training problems usually occur because owners fail to teach the dog to like the crate, and leave untrained dogs confined for too long. If the owner has not accustomed the dog to the crate, it will not enjoy confinement, and might resist and resent being put into the crate. Once confined the dog might try to escape, bark out of frustration, and try to destroy the crate. If confined too long, the dog will most likely soil in the crate.

Whether or not an adult dog likes its crate depends on when the crate was initially introduced and how it was introduced. If the dog was taught to enjoy the crate during puppyhood, it will prefer resting in its doggy den as an adult. This is easily tested by leaving the crate door open. However, an adolescent dog allowed complete freedom of the house during puppyhood, might object to lengthy confinement.

No matter how much the dog enjoys its crate, there will be occasions where the owner wants to confine the dog but the dog doesn't want to be confined. Never call the dog and put him in the crate, or else it will soon become wary of approaching its owner when called. Instead, use a place command: "go to your crate." It is possible to enforce a place command without ruining the dogs recall.

Tell the puppy/dog "go to your crate" lure it towards the crate with a kibble or treat, and give it as a reward when the dog enters the crate. Praise the pup, but ignore it when it exits the crate. Place pieces of kibble in the crate so the dog will develop a habit of visiting the crate, and when

it does, praise the dog. The pup will soon learn it gets attention, affection, and treats inside the crate and very little outside the crate.

Now accustom the pup to short periods of confinement. Throw a treat in the crate and close the door long enough to give the pup two or three treats through the bars. Repeat this many times.

A dog crate is a marvelous place to send the dog when the house gets busy or when the owner is out. It is important to familiarize the dog with the crate as early on as possible so that controlled, quiet periods set the precedent for adult life. Learning to "turn the dog off" to frequently instruct the pup to settle down is a priority obedience exercise for pet owners.

The length of time a dog may be confined to a crate depends on whether it enjoys the crate and is housetrained. If the dog is forced to soil in its sleeping area, the crate may no longer be effective in inhibiting elimination, and therefore cannot be used as a predicting tool in housetraining.


A dog crate may be used extremely effectively as a housetraining tool. Housetraining is a spatial problem, and confinement is the solution: The dog is eliminating in the wrong place, and if confined and not allowed free access to the living and bedrooms, it cannot soil the carpets. However, long term confinement to a small area to prevent house soiling should not be confused with short-term confinement to a crate for housetraining. The purpose of long term confinement to a small area is to confine the problem at times when the owner cannot supervise the dog. Confining the dog outdoors is fine, since from the beginning the dog develops the good habit of soiling outside. If the dog is confined outside for long periods, it is important that it has access to fresh water and it must also have shelter from the elements.


When the owner is home, confine the pup to its crate in the same room as the family so it isn't socially isolated. Every hour, run the dog out to its elimination area and give him a few minutes. Reward the dog if he goes to the washroom, and then place him back in the crate for another hour.


Confine the puppy with a variety of chew toys. The chew toy should be one that can't be destroyed or consumed. This is called passive training, a learning process that teaches the dog what he can chew and it begins to become part of their daily routine. Excellent chew toys are ones that hide treats. This type of toy will occupy the pup for long periods of time.


## HOW TO PUPPY AND KITTEN PROOF YOUR HOME


**Kittens and puppies are naturally inquisitive, which can lead to serious injury. Here are some tips on how you can make your house safer for your new kitten or puppy.**


 Young animals love to chew things when they are teething. Keep electrical wires out of reach, or use a pet repellent spray that tastes bad...


 Chocolate can be very dangerous. It contains Theobromine, a powerful stimulant that is toxic to animals. Sweets, cakes, and cookies can also lead to stomach upset and diarrhea and vomiting. This can lead to dehydration and is very serious.


 Never give any type of bone to your pet. Turkey, chicken, and rib bones can splinter when chewed and when swallowed can lead to serious injury.

 Cleaning agents, bleach, ammonia, disinfectants, drain cleaner, oven cleaner, paint, gasoline, and rat poison are all common household dangers. Keep these items locked up. If you treat your lawn with chemicals keep your pets away.

 Pets are attracted to the odor and sweet taste of antifreeze. Store antifreeze out of reach of your pets, and wipe up any spills. Window washing fluid also contains antifreeze. Remember that especially in the winter months, cats find warmth by climbing under the hood of cars, honk your horn before starting the engine to wake any potential cats.

 Kittens and Puppies can be mischievous, and dig in potted plants or chew and eat the leaves. Many common household plants are poisonous. These include philodendron, dieffenbachia, elephant ear, eucalyptus, spider plants, azalea, ivy, amaryllis, pyracantha, oleander, boxwood, Jerusalem cherry and plant bulbs, holly, mistletoe. But many more!

 Keep personal care items and medications away from pets. Cosmetics, shampoos, hair products, lotions and medications such as Tylenol, sleeping pills, aspirin, and antihistamines can be fatal if your pet ingests them.

 Watch out for hazards such as, balloons, rubber bands, sewing needles and thread, and children's toys. Often these types of objects require surgical removal if ingested.

 Chewing gum, Xylitol is becoming a more common sweetener in some gum brands.



## SOCIALIZING YOUR PUPPY



Even though dogs have been domesticated for thousands of years, each new puppy that comes into our world must learn about humans. Socialization is the process during which puppies develop positive relationships with other living beings. The most sensitive period for successful socialization is during the first three to four months of life. The experiences the pet has during this time will have a major influence on its adulthood. It is very important for puppies to have frequent, positive social experiences during the early months in order to prevent asocial behavior, fear, and biting. Puppies that are inadequately socialized may develop irreversible fears leading to timidity or aggression.

Continued exposure to a variety of people and animals is an essential part of maintaining good social skills. It is also extremely important that your new puppy be exposed to new environments and stimuli at this time (e.g. sounds, odors, locations) to reduce the fear of “the unfamiliar”. But please be cautious with exposure when not fully vaccinated.

Attending puppy classes during this primary socialization period is another excellent way to ensure multiple contacts with a variety of people and other dogs. These classes can help puppies get off to a great start with training, and offer an excellent opportunity for important social experiences with other puppies and a wide variety of people. A good time to begin classes is at eight to ten weeks of age.

It is important for every puppy to meet as many new people as possible in a wide variety of situations. It may be beneficial to ask each person who meets your puppy to give it a treat. This will teach your puppy to look forward to meeting people and discourage hand-shyness, since your puppy will learn to associate new friends and an outstretched hand with something positive. Once your puppy has learned to sit on command, have each new friend ask it to sit before



giving a treat. This teaches proper greeting and will make your puppy less likely to jump on people.

Effort must be made to see that the young pup has plenty of opportunity to learn about children. Kids can seem like a completely different species to dogs since they walk, act, and talk much different than adults. Puppies that grow up without meeting children when they are young may never feel comfortable around them when they become adults.

Lastly, be careful to avoid physical punishment and any interactions with people that might make the puppy anxious. Harshly punishing a young pet will damage its bond with you and weaken its trust in people. Techniques such as swatting the pup, shaking it by the scruff, roughly forcing it onto its back, thumping it on the nose, and rubbing its face in a mess should never be used. Pets that are raised using these methods may grow up to fear the human hand, and are likely candidates to become fear biters. In general, any interactions with people that may make your puppy anxious should be avoided during the early months of its life.

## **Safe Foods for Dogs**

- Cucumber
- Carrots
- Watermelon
- Apples (no cores)
- Celery
- Canned pumpkin

### Homemade Peanut Butter and Pumpkin Dog Treats

2 ½ cups whole wheat flour

2 eggs

½ cup canned pumpkin

2 tablespoons peanut butter

½ teaspoon salt

1. Preheat oven to 350 degrees F (175 degrees C).
2. Whisk together the flour, eggs, pumpkin, peanut butter, and salt in a bowl. Add water as needed to help make the dough workable, but the dough should be dry and stiff. Roll the dough into a 1/2-inch-thick roll. Cut into 1/2-inch pieces.
3. Bake in preheated oven until hard, about 40 minutes.

## **Toxic/Dangerous foods for Dogs:**

- Chocolate
- Garlic
- Onion
- Grapes/raisins
- Corn on the cob
- Pitted fruits/vegetables
- Macadamia nuts
- Bones

\*Excessively rich or fatty foods can trigger pancreatitis (inflammatory disease of the pancreas) in pets. Signs of pancreatitis include vomiting, abdominal pain, diarrhea, and inappetence.

\*Raw or undercooked meat may contain bacteria and parasites (ex. Salmonella or E. Coli which, when consumed, can cause vomiting, diarrhea, and inappetence and can be as dangerous for pets as it is for humans.)

\*Moldy foods may contain certain mycotoxins which, if ingested, can cause tremors, shaking, or seizures.

\*Chocolate can cause increased heart rate, arrhythmias, tremors, and excitation which could result in death, depending on the type and the quantity ingested.

\*Onions can be harmful to dogs and cats. Pieces of onion, onion powder, or even cooked onion, can cause damage to red blood cells which could result in anemia. Garlic could also be a problem as it is in the alium family too.

\* Macadamia nuts can cause muscular weakness and tremors when ingested by dogs.

\*Ingestion of rising bread dough can be life-threatening to dogs. The animal's body heat will cause the dough to rise in the stomach expanding several times its original size. Alcohol is also produced during the rising process which can be life threatening. Some clinical signs seen with bread dough ingestion include: severe abdominal pain, bloating, vomiting, incoordination, and depression.

\* Grapes and raisins have been shown to cause kidney failure.

\* Greenery on tomato or potato vines contain solanine and could cause GI upset (and other signs) if ingested.\*

**\*\* These are just a few foods that are safe for your pet. Listed are the most common foods that are toxic/ dangerous. Always use caution when introducing new foods and make sure they are safe to feed!**

**\*\* It should also be noted that numerous plants are toxic to your pets. Please keep your pet from eating vegetation.**