

FURSTAD: PREVENTING, IDENTIFYING AND TREATING COMMON DOG INJURIES ON THE TRAIL



Oregon State
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Jada

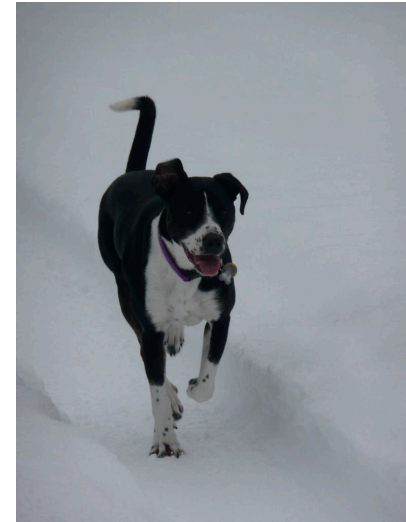
Things to consider before you go: Fitness



IS YOUR DOG PHYSICALLY FIT ENOUGH
TO ENJOY THE ACTIVITY YOU ARE
CONSIDERING?



PHYSICAL ACTIVITY TRAINING IS
IMPORTANT FOR DOGS AND PEOPLE.
START SLOW AND WORK YOUR WAY UP.





Things to consider before you go: Dog ability

Some dogs are excellent at hiking and running and others are more suited to walks around the neighborhood. Know your dog and match the activity to your dog.

Dogs with flatter faces (French bulldogs, bulldogs, pugs) may not be suited to all day activity.



Things to consider before you go: Behavioral Training

Will my dog listen to me when I call him if they are off leash? Or will my dog be able to walk/run comfortably on leash?

Does my dog need to be trained to not approach dangerous wildlife (predators, venomous snakes, etc)?



Things to consider before you go: Preventative Health



Do I need any additional vaccinations for my dog? In the Willamette valley, where I live, I recommend leptospirosis vaccine. Work with your vet to make a plan.



Do I need to apply flea and tick prevention to my dog?. In the Willamette Valley, where I live, I recommend prescription flea and tick prevention year round.



Things to consider before
you go: Route Selection



Terrain



Water



Things to bring on a day hike/run

- Leash
- Harness/Collar
- Dog Identification (microchip/tag)
- Appropriate foot protection
- Appropriate temperature protection
- First Aid Kit for Dogs (or add a few things to yours)



Wound Care:

- Antibacterial ointment
- Cotton balls or clean bandana to wipe wounds
- with
- Eyewash/saline solution to rinse wounds or eyes
- Gauze pad (nonstick)
- Vet medical wrap
- Wound cleaning solutions like alcohol wipes, hydrogen peroxide or betadine wipes

Allergic Reactions

- Diphenhydramine (Benadryl) for allergic reactions from insect bites or stings

Instruments

- Tweezers or Multitool to remove small thorns or ticks
- Bandage scissors
- Thermometer

Extra Gear

- Extra leash (small slip lead)
- Dog booties (if not wearing them)
- Muzzle: Dogs in pain are unpredictable, so best to be prepared



Demonstration

Basic Health Evaluation

Know what is normal for your dog:

- Temperature (rectal) – 100 F-102.5 F
- Heart rate – 60-120 beats per minute
- Respiratory rate – 12-30 breaths per minute

When is it an emergency?

- Temperature >104
- Heart Rate >160 (at rest),
- Respiratory Rate > 60 (at rest) or any time pet is having difficulty breathing.

Basic Health Evaluation

Eyes – Look for unequal pupils, redness, discharge, squinting.

Ears – Check for redness inside the ear, pain when touched, head shaking.

Nose – Check for persistent sneezing, discharge that isn't clear

Mouth – Look for blood-tinged saliva, more drool than normal

Gums/tongue should be pink (not blue/purple, very pale or white, or brick red)

Gait/limbs – Check to see if pet is walking abnormally, limping, showing stiffness, having difficulty rising, has pad abrasions or injuries between toes

Rest of body – Look for wounds, hives, swelling, discharge, bruising



Possible ways to carry
a dog





What do I do when...
My dog is stung by a bee

- Most reactions are mild – swelling at the site, mild pain
- Severe allergic reactions are often characterized by facial swelling



What do I do when...
My dog is stung by a bee

- Check the site, be sure the bee is gone (not stuck in the dog)
- You may wash it with cool water (can be soothing)
- Do not let the dog lick it or chew at it
- You can administer oral Antihistamines (like diphenahydramine)
- Dose: 1 mg of diphenhydramine per pound of dog
 - 25 lb dog gets one tablet



What do I do when...
My dog is stung by a bee

- Go to a veterinarian as soon as possible if:
 - Facial swelling is occurring or other signs of a severe allergic response like difficulty breathing
 - If the site of the sting is inside the mouth or around the throat where swelling can inhibit breathing
 - If the site of the sting is still swollen 2-3 days later

What do I do when... My dog is bitten by a snake



- Is it a venomous snake?
 - Some snake bites are “dry” – contain no venom
- Signs can take up to 24 hours to develop – looks for sudden weakness, excessive drooling, puncture wounds, restlessness
- Bites to the abdomen and chest are often more severe than to limbs/head.

What do I do when...

My dog is bitten by a snake



- Move to a safe area. Do NOT try to catch the snake (do take a picture for ID if safe). Identify it if you can.
- Be Calm. Keep the dog calm.
- Rinse the wound with water if you see it.
- Get to veterinary attention. You can carry them if feasible. Keep the wound below the heart.

What do I do when...

My dog is bitten by a snake



- The best treatment for snake bites is prevention
- Train your dog to avoid snakes

What do I do when...

My dog is overheating

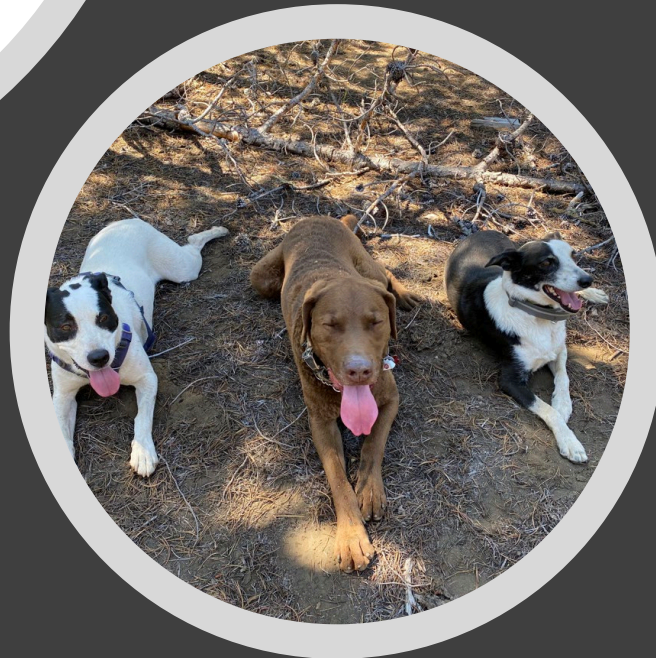


- Can occur even in mild temperatures (70-80F)
 - Most dogs will not regulate themselves and will continue to be active when they should cool off (i.e. they need you to regulate it)
- Some dogs are more sensitive to heat including older animals, unfit animals, brachycephalic dog breeds (those with squished faces)

What do I do when...

My dog is overheating

- Mild hyperthermia – body temperature ~103-105° F.
 - Signs include: thirst, seeking shade/cooler areas, anxiety, excessive panting that does not improve, weakness, bright red gums/tongue, decreased urination, or very dark/brown urination.
- Heat stroke – body temperature greater than 106-107° F.
 - Signs include: excessive panting, weakness, collapse, brick red gum color, high heart rate, vomiting, bloody diarrhea, dull mentation, or being poorly responsive

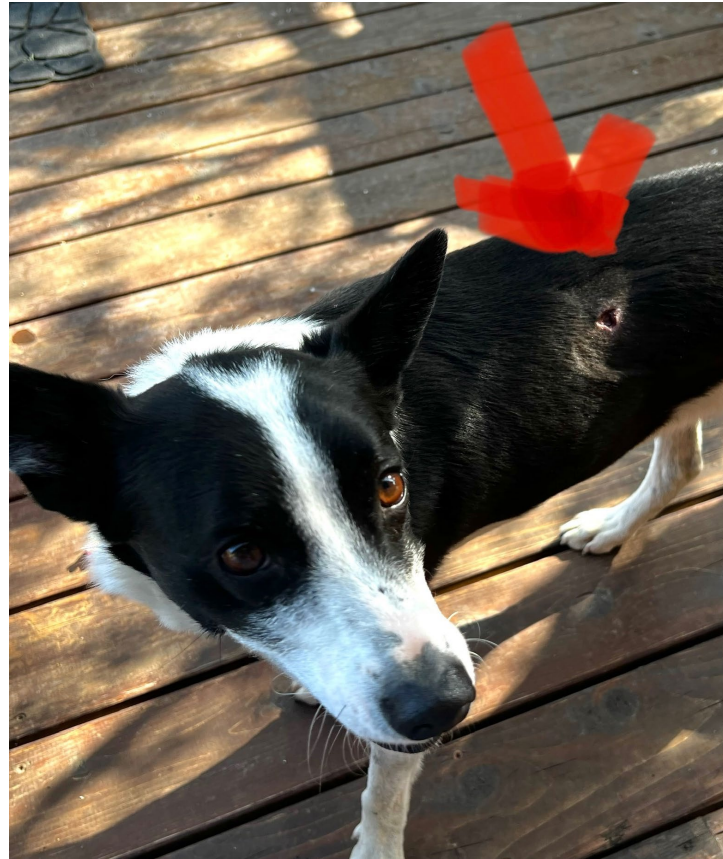




What do I do when...my dog is overheating

- Stop exercise
- Move into shade
- Cool by soaking hair with water.
- Encourage drinking, but do not force water orally.
- Stop cooling when the temperature is 102° F or less.
- Severe hyperthermia (rectal temp >106): Seek veterinary help ASAP. Prognosis is dependent on the length of time the temperature is elevated and degree of organ injury, but can be as low as 50%.

What do I do when... My dog has a wound or cut



- Do not let the dog lick it
- Apply pressure to stop bleeding
- Clean well
- Cover if possible (bandage, boot)
- You can use antibacterial ointment
- Monitor for swelling, infection, pain or discharge
- Lacerations (through all layers of the skin) may be gaping – seek vet care when you can because it may need sutures.
- Punctures – Higher risk of infection as they are harder to clean well. Try to clean/flush thoroughly if possible, depending on location. Monitor for signs of infection.

What do I do when... my dog is limping



- Dogs that are putting less weight on a limb are doing so because it hurt
- Which leg hurts?
- Common reasons for lameness
 - injuries or wounds to the feet/pads
 - strains or sprains
 - ligament damage (most commonly this is the cruciate ligament in the knee, similar to people)
 - Less common but more severe would be joint or bone injuries like fractures (broken bones).

What do I do when... my dog is limping



- Mild Lameness: dog putting some weight on limb
 - Evaluate leg carefully
- Severe Lameness: Dog putting no weight on limb
 - Abort hike and visit a veterinarian
 - Carry the dog out if necessary

What do I do when... my dog is limping



- What could be wrong?
 - Evaluate leg carefully
 - Check pads and between the toes for wounds or thorns
 - Look for torn toenails
 - Feel the leg for any swelling and look for wounds along the whole leg (foot to shoulder/hip).

What do I do when...
my dog is limping and I found a
small wound on his pad or torn
toe nail



- Do not remove toe nail (painful – allow vet to do it)
- Clean wound/toe with water and antiseptic
- Apply antibiotic ointment
- Place booties or bandage on affected foot
- Go to veterinarian when you return home for evaluation and treatment

What do I do when...
my dog is limping and I can't find
a reason



- Remove any weight the dog is carrying
- Consider walking slower or shorter
- When you return home –REST and consider a veterinary visit

What do I do when...

My dog has foxtails, grass awns or thorns



- Foxtails on fur can quickly migrate to cause problems– remove when you see them
- If embedded in skin remove small thorns/awns with tweezers or multitool
- Wash clean with water and antiseptic
- Do not let the dog lick or chew at it excessively
- Monitor the spot for swelling or discharge (infection) over the next few days

What do I do when...
My dog has foxtails, grass awns or
thorns



- Foxtails and grass awns can migrate
- Go to veterinarian if you see “draining tracts” or abscesses/swollen areas





What do I do when... My dog has a tick

- Remove it with tweezers or forceps or tick removal tool
- If the head stays in – that's ok – especially if your dog is on tick prevention (bravecto, nexguard, etc)
- Clean site with water and antiseptic
- Local redness and irritation is normal for 1-3 days.
- Monitor site for signs of infection and dog for signs of tick borne infections like lyme disease
 - If concerned go to a veterinarian

What do I do when...

My dog is sprayed by a skunk



- Recipe:
 - 1 quart of 3% hydrogen peroxide
 - ¼ cup baking soda
 - 2 tablespoons dish washing soap

- Steps

1. Mix solution (you may need to double/triple for large dogs)
2. Put all over dog – especially where spray occurred.
3. Wait 5 minutes.
4. Rinse
5. Repeat if necessary
6. Dry





Questions

What do I do when...

My dog encountered a porcupine



- Prevent movement of the quills, don't let the dog rub its face or paw at the quills
- They need to be removed or can migrate deeper into the dog and cause more problems
- Safest way to remove them is to allow your veterinarian to remove them with sedation and pain medication
 - Do NOT wet them, cut them or any other manipulation before taking to the vet
 - If you must remove them yourself then grab the end of the quill with plier and pull straight and steady (do not twist, do not pull at an angle). Check the quill to be sure you got the whole thing. Note the spot so it can be monitored for infection.