



Welcome to your Fear Free Veterinary Visit. What do we mean when we say that a veterinary visit is Fear Free?

We are taking lots of measures to make every effort to reduce any fear, anxiety and stress related to our veterinary examinations and procedures. We want you and your pet to have the best and most enjoyable experience that we possibly can by taking care of their emotional needs as well as their medical ones.

One thing you can do to help your pets is to ensure they get to the practice in a calm and relaxed state of mind. The following tips will help you achieve this.



For Dogs

1. On the day of your vet visit and if medically appropriate, skip a meal so that your dog is hungry. This will reduce nausea of car travel and will make them really enjoy the treats that we will give them during their procedure. If your dog has treat preferences or they are on special diets, bring those treats with you and we can use them. Treats should be no bigger than pea size so that we can give 20, 30, 40 even 50 of them during their visit. Your dog will think that's amazing but will actually only eat a small amount overall.
2. Use a towel, bed or blanket from home in the car. The familiar scent will help relax them. Also spray dog specific pheromone called Adaptil onto the blanket 30 minutes or so before you put it in the car. You can also spray a bandana with Adaptil. 30 minutes after spraying place the bandana on your dog's neck. This pheromone is only detected by dogs and it is known to relax and calm them. This is available in the practice for you to purchase if you wish.
3. Sometimes favourite toys or grooming brushes can be used to distract and relax your dog. If your dog has ones they like and are used to, bring those along with you and we may use them.
4. Ensure the temperature environment in the car is as comfortable as possible. Ensure they are secure and safe either by using a harness and seat belt or crate that they are used to. This will keep you and the dog safe during the drive.
5. Provide your dog with opportunity to relieve themselves prior to leaving home and when you arrive at the practice. Nothing escalates stress like a full bladder or colon.
6. Upon arrival at the practice take a seat in our dog only waiting room. You can start giving them treats at that point if medically appropriate. If your dog is uncomfortable here you can wait in the car with them and we can call you in for your procedure. Our aim is to make the visit to the practice as calm and as welcoming as possible for you and your pet.
7. If you feel that your dog needs additional assistance to help reduce any previous stress or anxiety we can provide you with pre-visit pharmaceuticals. These come in the form of natural calming products as well as traditional medications. These are very safe and extremely effective. Please speak to us about it in advance of your visits. What counts most is your pet's comfort and wellbeing.

For more information please ask any of our staff.