

# ***Fircrest Veterinary Hospital, LLC.***

***Phone (Call or text): (253)564-5661***

***Fax: (253)566-6674***

***Email: [fircrestveterinary@gmail.com](mailto:fircrestveterinary@gmail.com)***

***Our website: [fircrestveterinaryhospital.com](http://fircrestveterinaryhospital.com)***

***Follow us on Instagram: [@fircrestvet](https://www.instagram.com/fircrestvet)***

***Like us on Facebook @ [fircrestveterinaryhospital](https://www.facebook.com/fircrestveterinaryhospital)***

***Christopher Eugenio, DVM***

***Benjamin Quarrles, DVM***

***Cassie Bernhardt, DVM***



# **Puppy Packet**

# Table of contents



**Office hours.....Page 3**

**Vaccination schedule.....Page 4**

**Spay & neuter information.....Page 5**

**Microchip information.....Page 6**

**How to trim nails.....Page 7**

**How to clean ears.....Page 8**

**The importance of Dental Care.....Page 9**

**How to brush teeth.....Page 10**

**Housetraining & crate training.....Page 11-14**

**Chew toy do's & don'ts.....Page 15-17**

**How to poison proof your home.....Page 18**

**What to do if you pet gets poisoned.....Page 19**

**Seasonal safety tips.....Page 20**

**Pets in vehicles.....Page 21-22**

**Flea management.....Page 23-24**

**Heartworm prevention.....Page 25-26**

**Puppy training classes.....Page 27**

**Doggy daycares.....Page 28**

**Groomers.....Page 29**

**Pet insurance.....Page 30**

# ***Welcome to Fircrest Veterinary Hospital***

Thank you for choosing our hospital to care for your pet! Whether you are new to us, new to our beautiful area, or new to pet ownership, our goal is to provide outstanding veterinary care for your pet. We hope the following pages in this packet provides useful information about preventative care and help answer any questions you may have regarding your pet. We'd be happy to answer any additional questions during our regular business hours.

## **Office Hours:**

Monday-Friday (Excluding Wednesday): 8:00 a.m. to 6:00 p.m. Closed 12:30-2:00pm for lunch.

Wednesday: 8:00 a.m. to 5:00 p.m. Closed 12:30-2:00pm for lunch.

Saturday: 8:00 a.m. to 2:00 p.m.

## **Appointment Hours:**

Monday-Friday (Excluding Wednesday): 8:30 a.m. to 12:00 p.m. & 2:00 p.m. to 5:30 p.m.

Wednesday: 8:30 a.m. to 12:00 p.m. & 2:00 p.m. to 4:30 p.m.

Every Saturday: 8:00 a.m. to 12:30 p.m.

## **Important note regarding appointments:**

Clients more than 10 minutes late will be required to reschedule. One or two late patients can cause the entire daily schedule to fall behind. This is an inconvenience for everyone. We strive to see every patient as close to their appointment time while maintaining the best possible care

## **For emergencies, we suggest:**

### **[BluePearl Specialty & Emergency Pet Hospital](#)**

2510 84<sup>th</sup> St. S, STE 30D

Lakewood, WA 98499

(253) 474-0791

### **[Summit Veterinary Referral Center](#)**

2050 South 80<sup>th</sup> Street

Tacoma, WA 98409

(253) 983-1114

# ***Vaccination Schedule***

Please be aware that depending upon your pet's situation, the ages in which the vaccine is given could be different than the schedule indicated below. Reminders are sent as a courtesy to our clients, so it is always a good idea to keep a record of what and when your pet was vaccinated.

## **Vaccines:**

### **Da2pp**

Canine Distemper-Adenovirus Type 2-parainfluenza-Canine Parvovirus

### **Bordetella**

Also known as Kennel Cough

### **Rabies**

Rabies is a deadly virus that can be transmitted by the bite of any infected mammal.

Bats are the most common carriers in Washington State

### **Leptospirosis (Lepto)**

(Optional, dependent on lifestyle)

Leptospirosis is bacteria that is spread through the urine of infected animals such as raccoons, rats, mice, squirrels, deer & coyotes. It can cause kidney failure and/or liver damage, and people can become infected as well.

## **Typical Vaccine Schedule:**

**8 weeks:** Da2pp (1<sup>st</sup>)\*

**11 weeks:** Da2pp (2<sup>nd</sup>)\*, Bordetella (1 year)\*

**14 weeks:** Da2pp, (3<sup>rd</sup>)\*, Lepto (1<sup>st</sup>)\*

**17 weeks:** Da2pp (4<sup>th</sup>)\*, Rabies (1 year)\*, Lepto (2<sup>nd</sup>)\*

\*This schedule can change depending on age/breed of dog. Vaccine schedules are tailored to your pet. We will go over our recommended times for your pets specific needs at their wellness exam\*

The Bordetella & Leptospirosis vaccines need to be boosted annually. Some boarding or grooming facilities may require Bordetella every 6 months. The Da2pp and Rabies vaccine needs to be boosted after one year. From then on, if boosted properly, these vaccines will be done every 3 years.

**IMPORTANT NOTE: Until fully vaccinated, puppies should be kept away from areas where unfamiliar dogs congregate. This would include pet stores, dog parks, city parks, sidewalks & grassy areas outside of veterinary offices. Puppy classes are ok since they should require all of the puppies to be going through the vaccine series.**

# Important Reasons to Spay or Neuter Your Pet:

More than 4 million pets are euthanized in the U.S. animal shelters each year simply because they have no home. Many puppies and kittens are less than 6 months old. Help stop this needless loss of life. SPAY or NEUTER your pet.

|   |   |
|---|---|
| <p>Spaying your female pet (<i>Ovariohysterectomy</i>):<br/><b>Removal of the ovaries and the uterus.</b><br/><b>Ideal age is 4-6 months before the first heat cycle.</b></p> <ul style="list-style-type: none"><li>*Eliminates the risk of ovarian &amp; uterine cancer.</li><li>*Eliminates unwanted pregnancies.</li><li>*Eliminates the chance of a Pyometra. Pyometra is an infection in the uterus and is much more difficult to manage than a routine infection and in some cases can cause death.</li><li>*If spayed before the first heat cycle, your pet has a 0.5% chance of developing breast cancer. If spayed after one heat cycle, your pet has an 8% chance and if spayed after two heat cycles, the risk increases to 26%. After two years, no protective benefit exists. No decrease in mammary gland cancer is seen compared to non-spayed, however there is still a lower risk of uterine infection and uterine/ovarian cancer.</li></ul> | <p>Neutering your male pet (Castration):<br/><b>Removal of the testicles.</b><br/><b>Ideal age is 4- 6 months for small &amp; medium breed dogs. It is recommended to wait until 1 year of age in large &amp; giant breed dogs.</b></p> <ul style="list-style-type: none"><li>*Eliminates the risk of testicular cancer, the second most common tumor in dogs.</li><li>*Greatly reduces the risk of prostate cancer and prostatitis.</li><li>*Reduces the risk of perianal (around anus) tumors.</li><li>*Reduces roaming and fighting.</li><li>*Eliminates or reduces spraying or urine marking in neutered males before 6 months of age or before the onset of these behaviors.</li><li>*Eliminated the risk and spread of sexually transmitted diseases.</li><li>*Eliminates unwanted litters.</li></ul> |
|---|---|

## Common myths

### **Spaying or neutering your pet does not:**

- \*Cause laziness or hyperactivity
- \*Reduce its instinct to protect your family and home
- \*Cause immature behaviors
- \*Postpone or delay normal behavioral or physical maturity
- \*Alter its personality in any manner.

***Our staff members can answer your questions about spaying or neutering your pet or any other procedure your pet may undergo at our hospital. Please don't hesitate to ask.***

***The "best time" to spay or neuter a pet is a topic of much debate these days. It is approved as young as 8 weeks of age by the American Veterinary Medical Association (AVMA) so all pets coming from the Humane Society will already be spayed & neutered because population control is one of their main objectives.***

***We will discuss timing of the spay, or neuter, for your pet on an individual basis.***

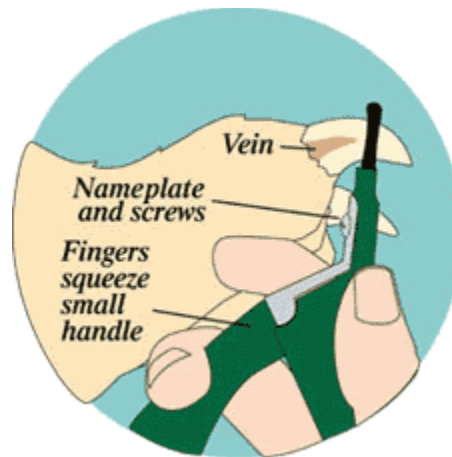
*Source: firstline*

# Q&A: All about Microchipping

|  |   |
|--|---|
| <p><b>Q: What is a microchip?</b><br/>A: The microchip is a tiny computer chip, about the size of a grain of rice, programmed with an identification number. The chip is enclosed in a biocompatible glass and is small enough to fit into a hypodermic needle. Once an animal is injected with a chip; it can be identified throughout its life with this one-of-a-kind number.</p>         | <p><b>Q: Does my pet have to be sedated?</b><br/>A: No. Injecting a microchip is just like any other injection or vaccination. Anesthesia is not required or recommended just to implant a microchip.</p>   |
| <p><b>Q: What is the benefit of microchipping?</b><br/>A: Microchips are permanent and can't be lost, altered, or destroyed. Pet owners have been reunited with chipped pets that have been missing for years or that have traveled thousands of miles.</p>  | <p><b>Q: Could my pet be allergic to the microchip?</b><br/>A: The microchip is inert, smooth, nontoxic, and non-allergenic. Microchip companies say there is virtually no chance of the body developing an allergy or trying to reject the microchip.</p>  |
| <p><b>Q: How does it work?</b><br/>A: A special scanner is used to send a radio signal to the chip to read the identification number. The pet feels nothing when the scanner is placed over it. The number is displayed on the scanner, and the person reading the scanner can contact a national registry to find out who the pet belongs to.</p>   | <p><b>Q: If a veterinary clinic or animal shelter finds a microchip, how will they know who to call?</b><br/>A: Animal shelters and veterinarians are finding microchips in more and more pets. They are aware of the national registry and routinely contact them to obtain owner information regarding the pet. They then contact owners to advise them their pet has been found.</p> |
| <p><b>Q: How is the microchip implanted?</b><br/>A: Microchips are implanted with a needle behind the skin between the shoulder blades. They can't be felt or seen.</p>  | <p><b>Q: I have tiny toy breeds—can I still have them implanted?</b><br/>A: Absolutely. The same size microchip and needle is used in pets even smaller than puppies and toy breeds, including mice, baby birds and even fish.</p>  |
| <p><b>Q: At what age can I microchip my pet?</b><br/>A: Young pets can be microchipped as early as 6 to 8 weeks of age. Some clients prefer to wait until their pet is spayed or neutered.</p>   | <p><b>Q: How do I update my information if it changes?</b><br/>A: After your pet is microchipped, you will be given information about how to contact the national registry to update your information. Remember to do this whenever you change your address or telephone number.</p>  |
| <p><b>Q: How long does the microchip last?</b><br/>A: The microchip has no power supply, battery, or moving parts, and is designed to last the life of the pet. Once injected, the microchip is anchored in place as a thin layer of connective tissue forms around it. It requires no care and will not pass through or out of the body.</p>  | <p><b>Q: Do shelters scan animals for microchips?</b><br/>A: Yes, scanning pets for microchips has become standard practice in animal shelters. Some municipalities, such as Los Angeles County in California, are even requiring pets to be microchipped, so local governments can cooperate with shelters and reunite pets and owners.</p>  |
| <p><b>Q: Does implanting the chip hurt my pet?</b><br/>A: The microchip is a larger needle than a normal vaccine so it is a bigger pinch. That is why we always recommend microchipping when they are under anesthesia for an routine surgery (Spay, neuter, dental cleaning, etc.) The microchip contains nothing that will burn or irritate the tissue; it's completely biocompatible.</p> |  <p>Source: Los Angeles County Dept of Animal Care and Control</p>  |

# Trimming Your Dog's Nails

1. If your dog's nails are extremely long, trim just a little off and wait a week and trim the nails again. This causes the blood vessels (vein) to retreat back into the nail and weekly trimmings will allow you to trim your dog's nails shorter.
2. Hold the trimmer as shown in the picture below, with the name plate and screws facing away from you.



3. Cut the nail at the angle shown in the picture.
4. Take off a little at a time until the nail is even with the bottom of the pad.
5. We recommend that owners start this at any early age. Trimming the nails and playing with the paws early on can prevent problems when the pup is full grown.

Here are some nice [nail clippers](#) & some ["Kwik Stop"](#) (in case you get a nail too short) from [Chewy.com](#)!

Please feel free to call us if you would like a free demonstration on how to properly trim your dog's nails.

## Ear Cleaning Instructions:

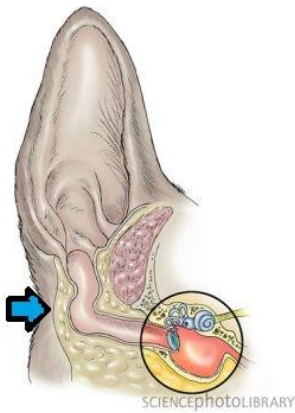
- 1) Fill ear canal with cleaner  
(until you start to see fluid drip out)



- 2) Massage ear canal up and down head 3-4 times



- 3) Find bump where ear canal turns toward head  
then press like a button 3-4 times.



- 4) Wipe out any debris/fluid with cotton ball  
until cotton ball is almost clean.



- 5) Use Q-tips to clean out all the creases and crevasses of the ear.



### To Medicate Ear:

Follow steps 1-3 of cleaning instructions but also rub medication all over pinna.  
Do not wipe out medication.



# *The Importance of Dental Care*



The importance of routine dental care cannot be stressed enough. Proper dental care actually helps prevent many health problems as your pet ages. Our wellness exams include an examination of the mouth.

## ***Preventative Care:***

When early tartar buildup is diagnosed, we can offer some preventive care. This might include one or more of the following:

1. Toothbrush/toothpaste kits or dental wipes
2. Oral rinse to slow tartar buildup, for example, Healthy Mouth.
3. A liquid added to drinking water and has an enzymatic action to slow tartar buildup.
4. A dental diet designed to prevent tartar buildup.
5. Other products that help keep the teeth clean. Check [VOHC.org](http://VOHC.org) for products endorsed by veterinary dentists.

## ***Dental Cleanings:***

Once tartar has noticeably accumulated on the surface of the teeth, the next step is a professional dental cleaning. Even the most obedient pets won't lie back and keep their mouths open, so this procedure needs to be done under general anesthesia. This means your pet will get to spend the day with us and go home late that afternoon with sweet-smelling breath and clean, healthy teeth and gums.

Delaying or abstaining from dental cleanings can have drastic implications on your pet's overall health. As tartar builds up, abscesses may form along the gum line causing infections. Left unattended, the infection can enter the blood stream, leading to health problems (heart & kidney disease) and potentially prove fatal.

Please purchase a toothbrush kit and our technician will gladly show you how to properly brush your pet's teeth.

# How to Brush Your Dog's Teeth



Your dog will probably find the sensation of you poking around in his mouth strange. It might make him nervous at first. However, you can make tooth brushing more pleasant for your dog if you focus on doing two things:

1. Take it slow. Introduce tooth brushing in small steps so that your dog doesn't get overwhelmed and upset.
2. Teach your dog that good things always happen when he gets his teeth brushed.

Before You Start: Accustom Your Dog to Having His Muzzle and Mouth Handled

## When to Do It



It's ideal to brush your dog's teeth daily, just like you brush your own. However, if your schedule doesn't allow that, aim to brush your dog's teeth at least several times a week.

Smaller dogs and brachycephalic breeds—dogs with flat or short, broad snouts, like pugs and bulldogs—may need more frequent brushing. Their teeth are often crowded together, which allows more plaque to accumulate and increases their risk of developing periodontal disease.

## Start Brushing

After you've collected supplies—your dog's toothbrush, sponge or gauze, his special toothpaste and a few tasty treats—take your dog to a quiet, calm area. You might need to keep your dog on a leash to limit his movement during the brushing session.

1. Put some toothpaste on the brush. Placing one hand over the top of your dog's muzzle, gently lift his lips. With your other hand, brush or rub a few teeth. Your dog can keep his jaws closed at this point. Just focus on cleaning the outer surfaces of his teeth and gums. After only two or three seconds of brushing, stop and release your dog's muzzle.



2. Repeat Step 1 two or three times a day for one to two weeks. Each day, slowly increase the time you spend brushing. Start with three seconds. Then, the next day, try five. The next day, try eight, and so on. Eventually you'll be able to brush the outer surfaces of all your dog's teeth during a single brushing session.
3. When your dog seems comfortable about you brushing all his teeth while his jaws are closed, you can start to open his mouth. Gently place one hand over the top of your dog's muzzle and open his mouth. With your other hand, reach in your dog's mouth with the brush. Brush a few teeth for a couple of seconds. Then release your dog's muzzle, praise him and feed him a treat.
4. At this point, you can start alternating between brushing the outer and inner surfaces of your dog's teeth during brushing sessions. It's best to keep brushing sessions short (aim for about five minutes), but brush daily if possible. Remember to continue to reward your dog with tasty treats or his favorite game after you brush his teeth. If you do, he'll come to love brushing sessions because good things always happen afterwards.
5. For other dental products go to [VOHC.org](http://VOHC.org) for products that have been approved by veterinary dentists.



# Housetraining and Crate Training: What Every Owner Needs to Know

Jacqueline Brister, DVM

Whether you have just brought home your first puppy or you have recently adopted an adult dog, teaching your new pet the appropriate time and place to eliminate and providing a safe environment to rest are important for you and your pet's relationship and emotional well-being. Many dogs that end up in shelters are there because of repeated housetraining accidents inside and destructive behavior. By learning the basics of housetraining and crate training, and what you can reasonably expect from your dog, these types of problematic habits can be avoided.

## **Talk to your Veterinarian**

Before starting any kind of training, have your dog checked out by a veterinarian. Housetraining, or teaching your dog where and when to go, can be difficult if the dog is experiencing any kind of medical issue. Urinating or peeing more than usual or in numerous areas both outside and inside the house, especially if your dog has just gone, could be a sign of a [urinary tract infection](#) (UTI). Drinking more water than usual could also be a sign of a UTI or possibly a more serious medical problem. Runny stool or loose poop is not normal, even in puppies, and may be caused by some kind of [infection](#). Even dogs with separation anxiety, or an extreme fear of being left alone, may have medical issues contributing to the anxiety. Discuss any unusual symptoms with your veterinarian during your dog's exam. The veterinarian will be able to determine if any medical issues need to be addressed and what to do about them.

## **Crate Training**

### ***Why crate train?***

Crate training teaches your dog to spend time in a kennel or crate. Dogs are naturally den animals, meaning that their natural instinct is to find a quiet area where they can escape when needed, rest, and recuperate from the day. By providing a crate to sleep and eat in, you are giving your dog the perfect den. Most dogs won't eliminate where they sleep and eat, so crate training can be a big help with housetraining. A crate also provides a dog with a safe place to go when scared or nervous. Plus, crates can be a great way to keep a dog out of trouble when you are not at home or are unable to provide proper supervision. Staying in a crate can prevent your dog from finding his way into your closet and eating your favorite shoes; having a feast in your garbage can; or urinating in a less than ideal place in the house.

### ***Crate training tips***

Crates, especially when you are beginning training, should be just large enough for dogs to sit, stand, lay on their side, and turn around comfortably. For large breed puppies, select a crate that can be sectioned off so that as they get bigger you can increase the size of the crate area. If a crate is too large, your dog may try to potty in one area and sleep at the other end.

Aim to make the crate one of your dog's favorite areas of the house. You can feed meals in the crate as well as use the crate for bedtime and naptime. You may also want to give your dog a special chew

toy that can only be enjoyed while in the crate. Make sure this is a toy that can be safely played with while unsupervised. Avoid using the crate as a place of punishment, such as time-outs for bad behavior. You don't want your dog to associate special den with times of stress or fear.

To get your dog comfortable with spending time in the crate, start by firmly saying a command or cue



word, such as "crate" or "kennel," and placing your dog in the crate. The cue word will help your dog to eventually associate the word with going into the crate alone, so that over time he will go into the crate without being physically put there by you. Give your dog a treat and lots of praise immediately, and close the crate door for about 5 minutes. Praise your dog again once you let him back out. Over several days to weeks, gradually increase the amount of time your dog spends in the crate.

### ***Words of caution***

Crates can be a wonderful way to keep your dog safe and comfortable, but it is important to know your dog's limits. No dog should spend the majority of the day in a crate. Puppies especially should be limited to the amount of time they spend in a crate to avoid elimination accidents and future behavior issues. A good rule of thumb for the maximum amount of daylight hours a puppy should spend in the crate at a time is to add one to the puppy's age in months. For example, a two-month old puppy should spend no more than three hours straight in a crate during the day. After three hours, give the puppy a break from the crate, go outside to eliminate, and provide some time to play before putting her back in the crate.

Dogs with separation anxiety can be difficult to crate train, and their anxiety behaviors may actually worsen if you attempt to keep them in a crate. Discuss your dog's behaviors with a veterinarian. Your dog may need a combination of anxiety medication and behavior modification therapy, which is a different form of training to help dogs overcome some of their anxieties, before crate training can be successful.

## **Housetraining**

### ***Dog and puppy development***

Puppies start learning to leave their family and den area to use the bathroom between three and 12 weeks of age. This means that some puppies may not be fully capable of learning where and when to use the bathroom before the age of three months. For those puppies that are ready to learn, they may not be able to hold their bladder for more than a few hours (typical of puppies less than 4 months of age). Why is that important to know? Owner expectations and the puppy's ability to learn are not always in sync. Housetraining can be a lengthy and sometimes frustrating process.

Housetraining an adult dog can also be difficult because she may have been going wherever and whenever was desired up until now. You will have the troublesome task of teaching your dog that previous bathroom methods are no longer appropriate, and on top of that, teaching brand new methods for elimination.

### ***Housetraining tips***

Puppies and dogs will provide you with many opportunities for successful trips to go potty. Remember that what goes in will eventually need to come back out again. To help make timing bathroom trips easier, feed your dog on a consistent schedule, ideally two to three times a day. This way, 15 to 30 minutes after eating or drinking, you know it is time for a trip to the elimination area. Dogs, especially puppies, also tend to go right after playing or sleeping. A good rule of thumb during the beginning of housetraining is to take your dog out every two hours for the first couple weeks, plus after sleeping, eating, drinking, or playing. Be sure to take your dog out right before bed time too. Use a cue word such as “bathroom” or “potty” every time you take your dog to the bathroom area, so the dog will learn to associate the word with what you want achieved. Try to take your dog to the same area each time. In the beginning, you will need to go with your dog and make sure she actually poops or pees. If successful, immediately reward your dog with treats and praise. It may be helpful to lead your dog with a leash instead of carrying her to the elimination area so that going straight to the appropriate spot becomes a habit.



Constant supervision is important when you begin housetraining your dog. You need to catch your dog in the act of going in the wrong place in order to correctly redirect your dog. If you find pee or poop on the floor, the dog will not understand and make the connection with why you are actually upset. Imagine being in a foreign country, with foreign customs, where you do not speak the language. Someone suddenly begins shouting at you over a mistake you made, which you are unaware of making because the local culture is so different. How are you to know what mistake you have made and when? How are you to prevent this from happening again? Given that you may be completely unaware that you have made a mistake, this person’s behavior towards you might just seem plain rude. At best, you will try to ignore that rude person and go about your business, right? So it is with housetraining! Catching your pet in the act of a mistake will help them correct it in the future.



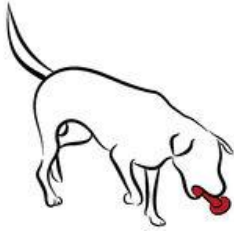
Rubbing your dog’s nose in hours-old pee, however, is probably just plain rude.

If your dog does eliminate in the house while you are watching, interrupt immediately (such as with a squeaker sound or a sharp clap noise), and take him to the elimination area. Use your cue word. If your dog finishes going in the right area, give treats and/or praise.

Keep an eye out for clues or signals that your dog needs to eliminate. Circling, wandering off alone, whining, or going to the door you typically use to go to the elimination area are common signals. If your dog is demonstrating any of these signals, stop what you are doing immediately and take him to the bathroom. If he uses the bathroom when you take him to the designated area, be sure to reward your dog with praise and/or treats so he will continue to provide these signals. Housetraining and crate training can be tough but rewarding. If you are ever in doubt as to whether you or your pet are

on the right tract, call your veterinarian for advice. Otherwise, be consistent and persistent, and your pet will love you for it!





## **Chew Toys, Bones, Rawhides** **and Your Dog's Teeth**

Fircrest Veterinary Hospital 6920 27<sup>th</sup> St W  
University Place, WA. 98466 Phone: 253-564-5661

Dogs love to chew. For many dogs it's their favorite past time. There are countless products on the market aimed to fill dogs' chewing needs. They range from natural products like bones, rawhides and antlers to man-made toys such as rubber balls and nylon bones. Some of them proudly proclaim that they are indestructible. Almost all of them claim to be good for dogs' dental health. But the truth is this:

### **Your dog's TOYS may be indestructible, but your dog's TEETH are not!**

Many dog chews are too hard, and will chip and eventually fracture teeth, especially the large, important teeth used for chewing. These fractures are raw and sensitive, and require the tooth to be addressed via root canal or extraction, which is complex and expensive. If not addressed quickly fractured teeth can turn into very painful abscesses.

### **Chew toy DOs and DON'Ts:**

Our pet's teeth are no different than our own, so ask yourself if YOU would want to chew on it. A good rule to follow is if you can't easily bend and/or compress a chew toy/bone, or press your finger nail into it - then it is too hard.

If the chew is harder than your dog's teeth, eventually the teeth will lose.

### **Chews to AVOID:**

- ✘ ALL bones, knuckles, bully sticks, antlers and hooves.
- ✘ Knotted rawhides, large rawhide sticks, rawhide chips
- ✘ Nylon bones
- ✘ Rubber toys that you cannot bend and/or compress or that do not have a hollow center
- ✘ Sticks and rocks

### **Chews that are OK:**

- Rubber toys, such as [Kong Classic](#), [Goodie-Bone](#) and [Stuff-a-Ball](#), that can be compressed and have a hollow center
- Special plasticized toys, such as [Zogoflex brand toys](#)

**A special note for tennis ball addicts:** The fuzzy covering on the tennis ball is abrasive and long term chewing can cause severe wear on the teeth. Try a ball of similar size without a textured coating, such as some "[Chuckit](#)" brand balls or Planet Dog's "[Orbee-tuff ball](#)".

"[Tuff Balls](#)" by PetSport have extra-thick natural rubber walls which provide extra durability and no added chemicals for bounce as are done with "human" tennis balls. The nonabrasive felt won't wear down a dog's teeth

**Always supervise** your pets when they are given a chew toy. All toys run the risk of a piece breaking off and being ingested.

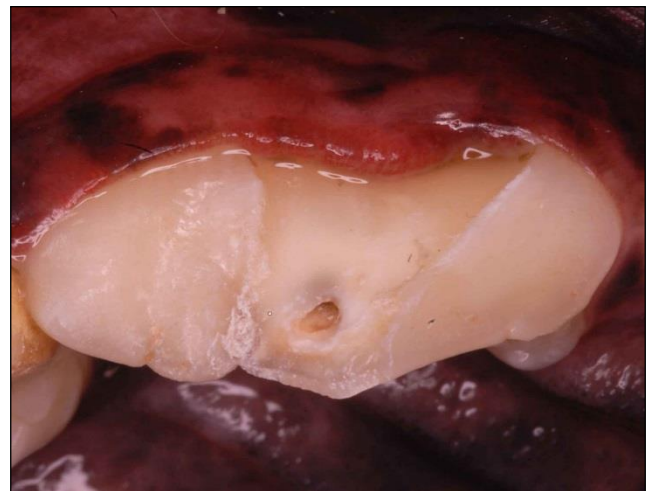
## Stages of a Fracture:

First the tooth will chip. The point will become dull and it is worn away.



After the integrity of the tooth is compromised by chipping, the tooth will fracture.

The fracture exposes the pulp and root of the tooth, and is very painful.



**The ultimate goal is to keep your dog's teeth healthy and intact!**



## Pro-Tip:

Use canned dog food & pieces of your pets kibble to fill a classic Kong toy. Put it in the freezer for a few hours or until frozen & now you have something to keep them busy for hours!

[Chewy.com](https://www.chewy.com) is a great place to find all of these toys!

Other fun toys that were mentioned above:

- [West Paw Zogoflex Jive Tough Ball Dog Toy](#)



- [West Paw Zogoflex Hurley Tough Dog Chew Toy](#)



- [West Paw Zogoflex Bumi Dog Toy](#)



- [KONG Extreme Goodie Bone Dog Toy](#)



- [KONG Traxx Dog Toy](#)



- [KONG Tires Dog Toy](#)



- [Planet Dog Orbee-Tuff Diamond Plate Ball Tough Dog Chew Toy, Chrome](#)



# Poison Proof Your Home



## Living Room

- Check out all plants-both inside and outside your home. Lilies (*Lilium and Hemerocallis sp.*) can be especially poisonous to cats, so eliminate them from bouquets.
- Keep home fragrance products out of reach. This includes open dishes of liquid potpourri and simmer pots.
- Don't spray aerosols or any heavily fragranced products around caged birds or other cages or crated pets.
- Keep ashtrays and nicotine replacement products out of reach.
- Marijuana-Be very careful of exposure to legal recreational products like marijuana. Pets may be much more sensitive to these products, so toxicities is common.

## Kitchen

- Know what foods are poisonous to pets. Watch out for sugar-free chewing gum with Xylitol, raisins, grapes, macadamia nuts, onions, garlic, tomatoes, unbaked yeast bread dough, fatty foods (especially cheese) and chocolate. Avocados are very toxic to birds.
- Keep garbage cans behind closed doors. Trash and compost bins can contain many pet toxins, such as cigarette butts, coffee grounds, moldy dairy products, and chicken bones.
- Keep alcoholic beverages out of reach.
- Cooking with nonstick Teflon pans: fumes can kill birds and be toxic to other pets.

## Bathroom

- Keep medications safely locked up in secure cupboards-don't leave them on countertops or tables or stored in plastic zipper baggies, which are easily chewed through. This includes inhalers, dietary aides and nutraceuticals. Acetaminophen (Tylenol) and Ibuprofen are toxic to pets. Aspirin can cause clotting problems in dogs and have fatal consequences in cats.
- Never medicate your pets with human products without first contacting your veterinarian.
- Always check the container before giving medication to your pet to make sure it's the correct medications, and store your own medications separate from your pets.
- Keep cats away from cleaning products. Shut them out of the room/area while spraying cleansers or other products.
- Close toilet lids to keep pets from drinking the water, especially if you use automatic chemical tank or bowl treatments.

## Utility Room

- Keep rodenticides FAR AWAY FROM PETS. Keep in mind that rodents can transfer the toxins to accessible locations. Certain rodenticide products DO NOT have treatment antidotes. Always check warning labels and possible toxicity to pets.
- Never use dog flea and tick products on cats.
- Don't leave batteries lying around. Dogs enjoy chewing them, and they can cause serious harm if ingested.
- Keep glues out of reach-they can be tasty but some may cause serious harm. In fact, some glues expand greatly in the stomach leading to bowel obstructions.

## Garage

- Ethylene glycol (antifreeze) products are extremely toxic to pets. Choose propylene glycol products as a safer alternative or keep pets FAR AWAY. Gasoline and motor oil are toxic as well.
- Keep all automotive products-like windshield cleaner fluid-away from pets and clean any spills immediately.

## Outside

- Dogs like certain fertilizers such as bone meal or blood meal. Keep bags tightly sealed.
- Slug or snail killers-especially those that include met aldehyde-can be harmful to pets.
- Yard insecticides that contain organophosphates or carbonates can be very dangerous.
- Keep pets off lawns until commercially sprayed herbicides are dry.
- Ant bait/rat bait can be quickly fatal.
- Wild mushrooms that grow in our yards can be toxic.



# What To Do If Your Pet Gets Poisoned



Your pet has ingested something toxic. *What do you do?* First, take a deep breath. The calmer, cool, and collected you are, the sooner you can seek the correct medical attention. Then get a handle on the situation by taking the following steps:

1. Remove your pet from the area. Make sure no other pets or children are exposed to the area, and safely remove any poisonous material.
2. Check to make sure your pet is breathing normally and acting fine otherwise.
3. Collect a sample of the material, along with the packaging, vial, or container. You'll need that information to help your veterinarian or a pet poison expert assess situation.
4. Don't give your dog any milk, food, salt, oil, or any other home remedies. Doing so will likely complicate the poisoning.
5. Never induce vomiting without talking to your veterinarian or a pet poison expert-doing so may be detrimental or contraindicated.
6. Get Help. Program your veterinarian's phone number into your phone, as well as the emergency veterinarian's number and a pet poison helpline number.

Remember that a pet's prognosis is always better when a toxicity is reported immediately, so don't wait to see if your pet becomes symptomatic before calling for help. Calling right away is safer for your pet and could help you save on treatment costs in the long run. Remember that there's a narrow window of time to decontaminate in cases of poisoning.

## **Important to numbers to have:**

Summit Veterinary Referral Center (Emergency) (253)983-1114 (Open 24 hours a day)

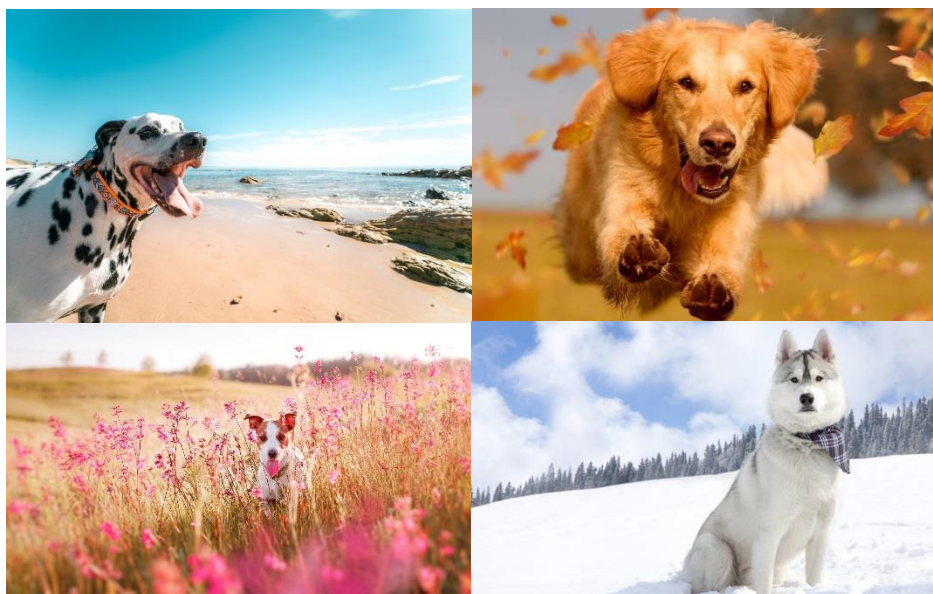
Blue Pearl Tacoma (253)474-0791 (Open 24 hours a day)

[ASPCA Animal Poison Control Center](#) (888)426-4435 (Available)24/7, \$85 per call)

Free if your pets' microchip is registered with Home Again ([homeagain.com](http://homeagain.com))

# Seasonal Safety Tips

1. **Cover the basics.** Secure an up-to-date tag on your pet's collar and make sure to use a leash when headed outdoors. It is important to have your pet microchipped. Be sure that your information is current with the National Registry.
2. **Be wary around water.** Not all dogs are natural swimmers, so watch your pet when you're near a pool, beach, or lake. Never let your pet walk on what appears to be a frozen lake or pond.
3. **Keep Cool.** Schedule walks in the early morning or evening; dog paws hate hot pavement. Stop periodically for fresh water breaks and find shady places for necessary panting breaks.
4. **Watch for warning signs.** Heat stroke is an issue for pets, too. Especially dogs with flatter faces, like Pugs & Bulldogs. Be on the lookout for early symptoms; excessive panting and drooling, bright red gums, weakness, and balance problems. If the condition worsens, pets may experience labored breathing, lethargy, and even seizures. You can cool down an overheated pet with cold water on towels and by offering ice chips or small bowls of water. In the winter, to prevent dehydration, be sure your pet's water supply doesn't freeze. Use a non-metal water dish to keep your pet's tongue from sticking.
1. **Safely see the sights.** Taking your pets for a ride? Never leave them inside the car, windows up or down, on hot days. Keep your dogs' head in the car while driving; inner ear damage, lung infections, foreign bodies in the eye and injury can happen when man's best friend sticks his head out of the window.
5. **Party with prudence.** Be wary of what your cats and dogs can get into when you celebrate. Chocolate, raisins, and onion can be bad for dogs and cats, and alcohol is a big no-no. If your dog feels anxious or fearful around fireworks or large crowds, keep them away.
6. **Protect against parasites.** Fleas, ticks, mosquitoes, and more seem to be everywhere in the summer, so consult with your veterinarian on the best preventatives.
7. **When the temperature falls.** Keep cats indoors and shorten walks for dogs. Safe outdoor temps vary for pets by size and breed. Provide adequate shelter if your pet must be outside. Always make sure to slam your car door and honk your horn before starting your car. Stray/outdoor cats often seek warmth underneath car hoods.



Source: Courtesy of Harnblower Cruised & Events, ASPCA, and the Humane Society of the United States

# Pets in Vehicles



Every year, hundreds of pets die from heat exhaustion because they are left in parked vehicles. We've heard the excuses: "Oh, it will just be a few minutes while I go into the store," or "But I cracked the windows..." These excuses don't amount to much if your pet becomes seriously ill or dies from being left in a vehicle.

The temperature inside your vehicle can rise almost 20° F in just 10 minutes. In 20 minutes, it can rise almost 30° F...and the longer you wait, the higher it goes. At 60 minutes, the temperature in your vehicle can be more than 40 degrees higher than the outside temperature. Even on a 70-degree day, that's 110 degrees inside your vehicle!

| Estimated Vehicle Interior Air Temperature v. Elapsed Time |                             |     |     |     |     |     |
|--|-----------------------------|-----|-----|-----|-----|-----|
| Elapsed time   | Outside Air Temperature (F) |     |     |     |     |     |
|  | 70                          | 75  | 80  | 85  | 90  | 95  |
| 0 minutes  | 70                          | 75  | 80  | 85  | 90  | 95  |
| 10 minutes   | 89                          | 94  | 99  | 104 | 109 | 114 |
| 20 minutes   | 99                          | 104 | 109 | 114 | 119 | 124 |
| 30 minutes   | 104                         | 109 | 114 | 119 | 124 | 129 |
| 40 minutes   | 108                         | 113 | 118 | 123 | 128 | 133 |
| 50 minutes   | 111                         | 116 | 121 | 126 | 131 | 136 |
| 60 minutes   | 113                         | 118 | 123 | 128 | 133 | 138 |
| > 1 hour   | 115                         | 120 | 125 | 130 | 135 | 140 |

Courtesy Jan Null, CCM; Department of Geosciences, San Francisco State University

Please leave your pets at home...they'll be safe and happily waiting for you to come home.

# Dogs Left in Cars

Even **68°** is too Hot!

| Temperature            |                  |                         |
|------------------------|------------------|-------------------------|
| Outside                | vs In Car After  |                         |
|                        | <u>10 min.</u>   | <u>60 min.</u>          |
| <b>68<sup>°F</sup></b> | 81 <sup>°F</sup> | <b>115<sup>°F</sup></b> |
| 75                     | 88               | 122                     |
| 82                     | 95               | 129                     |
| 90                     | 102              | 136                     |
| 97                     | 109              | 144                     |

*From American Meteorological Society*





## Flea Management:

1. Clean your environment. Treat carpets with an anti-flea product that penetrates deep down into the carpet fibers where the flea eggs are. Remove any filter from the vacuum cleaner prior to vacuuming as it can collect flea eggs which can hatch from vibrations the next time you use your vacuum cleaner then vacuum carpets very well. Be sure to wipe out or wash the canister because flea eggs are sticky! Put an over the counter flea collar in vacuum canister/ bag to kill any flea eggs that can remain inside. Empty out vacuum canister into outside trash or throw away vacuum bag outside immediately after vacuuming because flea eggs will hatch out of vacuum and re-infest home. Borax can be used in the washing machine with bedding or blankets.
2. We recommend topical or oral flea prevention medication once monthly, year round even if pet is strictly indoors. It doesn't get cold enough in this area to kill the fleas in the grass. If your pet is current on a flea prevention be sure that you are applying the topical correctly or giving the entire oral medication and that it is the correct weight range for your pet. If everything is correct try a new/different flea prevention, whether that be brand or type of administration. ***\*Never use topical dog flea treatment on a cat because it can kill them. Never use a larger dose and split it between pets (Ex. Using a 10-24lb chew for two 5lb dogs). We do not recommend using Hartz or Sergeant's brand topical flea prevention because we have seen strong negative skin reactions and because of its inefficacy, we do not recommend flea collars because they only treat for fleas locally around the neck and can cause irritation to the skin.\****
3. If fleas persist, we recommend Capstar (oral flea medication), used once in conjunction with the above treatments. This product can be purchased at PetSmart. It will kill all fleas on pet but will only last 24 hours.

4. If fleas persist further, call in an exterminator to have your home and yard treated. Flea Busters is the only company that guarantees your home will be flea free for 1 year. For more information call **800-998-3532** or go to [fleabusters.com](http://fleabusters.com)
  
5. To check if your pet has fleas at home use a metal toothed flea/lice comb (plastic combs teeth can break and cause abrasions on the skin) and comb from the mid back down to the tail holding a piece of paper at the tail to catch any debris that may be combed out. Place any debris found onto a counter and use a wet paper towel to wipe it up. Wait 1-5 minutes and if debris begins to bleed or appear blood red, that is evidence of fleas. A fleas' diet consists of blood, so their feces is digested blood. When dehydrated blood is rehydrated, it bleeds. If the debris does not bleed then it is either dirt or dander.





## Heartworm Prevention & Dewormer

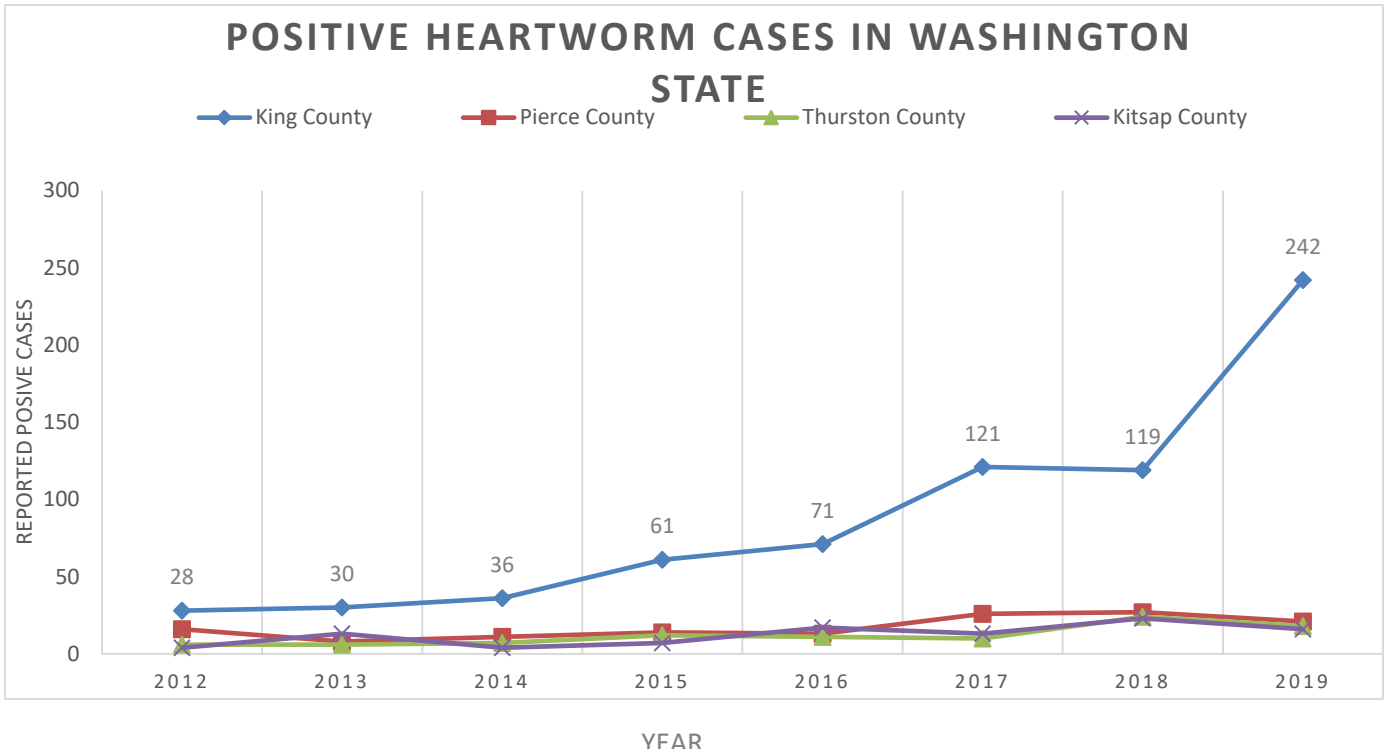
The number of positive Heartworm cases in dogs has quadrupled in Washington state from 2012-2019. King County alone reported 242 positive cases in 2019, compared to the mere 28 cases reported in 2012. The positive cases have increased due to many reasons including climate change, lack of prevention and rescue dogs that are being brought to Washington from different states & countries. We also need to take into account that we live in such close proximity to a major military base where people from all over live with their pets. Medications like Heartgard not only prevent your pet from getting Heartworm disease but it also deworms them monthly for the most common intestinal parasites; Hookworms & Roundworms. Both Hookworms & Roundworms are contagious to humans. Roundworms can especially be dangerous for young children, causing blindness in some cases. Hookworms & Roundworms can be contracted by ingesting contaminated soil or feces, larvae in the soil actively penetrating the skin or an affected mother nursing her puppies. We can get them from our pets if they lick around our mouths or if they lick somewhere that we have a break in the skin, like a cut.

*Heartworms* are parasites that live in the heart and can lead to severe heart disease. Preventing this disease is critical because of the damage it inflicts on the heart & lungs, treatment of adult worms in the heart is expensive, and it requires strict crate rest for up to six months.

Mosquitoes transmit larval heartworms from one dog to another by sucking the blood of an infected dog, then regurgitating a little blood when they bite their next victims.

Several products are available for preventing heartworm infection, most of them monthly chews that are so tasty your dog will think it's a treat! Heartworm preventative's can be given to a puppy with their first set of vaccinations. If your dog is over 1 year of age, a blood sample must be tested to make sure they are not already infected. This simple test can be done in our hospital while you wait. It only takes a few drops of blood, 10 minutes to have the results & costs \$45.

It is highly recommended that dogs still be tested every year even when taking a heartworm preventative, just in case the medication was forgotten or ineffective.



Source: <https://www.seattledogspot.com/canine-heartworm-cases-in-washington-almost-quadrupled-since-2012/>, <https://heartgard.com/learn#intestinal-parasites>

# Puppy Training Classes



## [Positive Approach Dog Training & Daycare](#)

1301 Center St. Tacoma, WA 98409

253-627-4275

## [Petco \(Tacoma\)](#)

5951 6<sup>th</sup> Ave Tacoma, WA 98406

253-566-5967



## [Dog Gone Good Training](#)

5624 S. Durango Ave Tacoma, WA 98409

253-312-8167

[anne@doggonegoodtrainingwa.com](mailto:anne@doggonegoodtrainingwa.com)



## [PetSmart \(Lakewood\)](#)

10210 59<sup>th</sup> Ave SW Lakewood, WA 98499

253-584-7920



# Doggy Daycares & Boarding



## Wet Noses Dry Paws

411 Fawcett Ave, Tacoma, WA 98402

(253) 212-0120

[wetnosdrypaws.com](http://wetnosdrypaws.com)

## Fort Fido

6908 27th St W, University Place, WA 98466

(253) 460-0299

[fortfido.com](http://fortfido.com)



## Biscuits Doggie Daycare

6802 6th Ave, Tacoma, WA 98406

(253) 447-0729

[biscuitsdoggiedaycare.com](http://biscuitsdoggiedaycare.com)

## Positive Approach Dog Training & Daycare

1301 S, Center St, Tacoma, WA 98409

(253) 627-4275

[positiveapproachdogtraining.com](http://positiveapproachdogtraining.com)



## Happy Dog South Sound

4802 S Washington St, Tacoma, WA 98409

(253) 476-7853

[happydogssouthsound.com](http://happydogssouthsound.com)

# Groomers



1. [University Place Best Pet Grooming](#)

(253)566-9286

6720 Regents Blvd W #111

University Place, WA 98466

2. [Bubbles & Bows Pet Grooming](#)

(253)471-7573

2405 N Pearl St Tacoma, WA 98407

3. [Tacoma Dog and Cat Grooming](#)

(253) 222-7503

8645 Pacific Ave Tacoma, WA 98444

4. [Aussie Pet Mobile South Sound](#)

(253) 292-0331

Mobile

5. [Tacoma's Best Pet Grooming](#)

(253) 756-7385

3411 6th Ave Tacoma, WA 98406

6. [Shampooch](#)

Self service dog wash

(253) 272-5450

3219 6<sup>th</sup> Ave Tacoma, WA 98406

7. [The Soggy Doggy](#)

(253) 565-1501

7518 40th St W

University Place, WA 98466



# Pet Insurance

Here at FVH, there is not one insurance plan we recommend over the other. We suggest that owners do their own research. Here are two websites that may help:

[Petinsurancereview.com](http://Petinsurancereview.com)

[Pet-insurance-university.com](http://Pet-insurance-university.com)

