



Your independent family vet. Always.

Looking after your dog's health

Everything you need to know to keep
your dog happy and healthy.

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Vaccinations

Vaccination is a great way to give your dog immunity to some of the worst infectious diseases and make sure they are as safe as they can be.

Vaccination is given as an annual injection, which keeps immunity topped up and your dog protected. It works by priming their immune system so that if they come into contact with the disease later, their body is better able to fight back.

We recommend that your dog is vaccinated against:

- Canine parvovirus (aka parvo)
- Canine infectious hepatitis
- Distemper
- Leptospirosis
- Kennel cough
- Rabies (if you plan to travel abroad with your dog)



The only vaccination not given by injection is kennel cough. This is given via an annual intra-oral vaccine – a squirt in the mouth! This gets the vaccine right where it is needed to give local immunity.

Keeping your annual vaccination appointment every year is really important for maintaining your dog's health and wellbeing.

During their annual vaccination consultation, your dog will have a thorough check-up to assess their general health and to identify any developing issues to enable early intervention. We are happy to discuss all aspects of general health, wellbeing and prevention with you, so please talk to us about any queries or concerns.

Exercise

The amount of daily exercise your dog needs will depend on a variety of factors, including their breed and age. Ensuring your dog gets the right amount of exercise is important for maintaining both their physical and mental health.

Please speak to our team for advice on how much daily exercise your dog should be receiving.

Remember, exercise doesn't just have to mean walking! Other activities can include swimming, playing and agility. Make exercise fun by taking along a ball or frisbee so that you can play games.

Diet

We recommend you feed your dog a complete dog food. This will contain all the essential nutrients and vitamins to ensure they're receiving a balanced diet. Opt for food that's tailored to your dog's current life stage. For example, as they get older, they'll need to transition to a senior dog food which will contain the optimum balance of nutrients to keep them healthy in their senior years.

Ensure your dog has unlimited access to clean, fresh water. Remember to wash and rinse your dog's food and water bowls daily.

Our Vets and Nurses will be happy to discuss your dog's nutritional needs.

Grooming

We recommend you maintain a regular grooming routine with your dog. Grooming not only gives you the chance to remove dead hair from their coat, but it also reinforces the bond between you.

Grooming sessions also give you the chance to check for fleas and ticks, and to examine your dog's coat, paws, eyes, ears and mouth for anything that might require a trip to the vet.



Fleas and other external parasites

Parasites that infect pets can also affect people and sometimes cause serious illness.

Fleas spend part of their lifecycle on the skin of animals, feeding on their blood. They cause irritation and allergies and, if left untreated, can cause serious conditions - including infections, fur loss and anaemia.



Fleas are also an important part of the tapeworm lifecycle, which can in turn cause serious illness to your pet. Tapeworm egg capsules are shed into the environment from the faeces of a tapeworm-infected dog. Flea larvae ingest the tapeworm eggs. As adult fleas develop from the larvae, they find a furry host to feed on their blood. Your dog scratches and bites their fur to relieve the itching and in doing so, eats the fleas. The tapeworms inside the eaten fleas develop into adults and attach themselves to your pet's small intestine.

Preventing fleas is much easier for you and your pet than treating an infestation, so we recommend treating all the pets in your home every month throughout their lives.

We recommend a combined flea and worm treatment from a veterinary surgery, which is not licensed for general sale. This will be more effective than products you can buy elsewhere, and contains active ingredients that cover a wider spectrum (for example lungworm).

The cotton wool test

Top tip: Fleas are hard to spot, so while you're grooming your dog, look out for dark flecks on their skin and coat. If these turn red when combed onto a damp piece of cotton wool, then this is flea faeces, and a sign you're dealing with a live infestation.

Your dog might also be scratching, chewing or licking their fur more than usual, or have red or inflamed skin.

Other external parasites

Dogs can also be affected by:

- Lice
- Fur mites
- Mange mites
- Ear mites
- Ticks



Worms and worming

Any dog can pick up worms, and puppies may even be born with them or pick them up from their mother's milk.

A heavy infestation of worms can cause vomiting, diarrhoea, loss of appetite, weight loss, constipation and a dull coat. Worms pose a risk to humans, especially young children, the elderly and those with a weakened immune system. Risks to people include Toxocarosis which can result in blindness.

You should ensure that your dog is continually protected from worms so we recommend using treatment prescribed by your Vet every month.

The main types of worms are:



Roundworms - they look like tiny strands of fine spaghetti and are the most common type of worm. They may be seen in the faeces of infected animals.



Tapeworms - these are made up of segments which form long chains up to half a metre long. The segments look like grains of rice. Tapeworm segments may be spotted around your dog's bottom.



Lungworms - these can be picked up if your dog catches and eats small prey such as slugs, snails or licks their trails. Signs include coughing, difficulty breathing, loss of appetite, vomiting or diarrhoea, weight loss, lethargy and bleeding longer than normal from a minor injury.

Remember that your dog can have worms even if you cannot see any sign of them in their faeces. Regular preventive treatment is essential. Our Vets and Nurses will be happy to advise you on the safest worming programme to follow.

Dental hygiene

Dental or periodontal disease affects the teeth, gums and the support structures that surround your pet's teeth. It begins with a simple plaque build-up on the tooth enamel which contains bacteria and food particles.

If the plaque is not removed, it remains on the tooth surface and eventually hardens into tartar. When tartar is above the gum line, we can remove it relatively easily during a professional dental clean. Tartar that makes its way below the gumline is the real problem.

Tartar below the gumline causes inflammation and not only damages the structures supporting the teeth but also causes bacterial infection that can enter the bloodstream. If dental disease reaches this stage, pets can potentially experience long term dental problems, severe pain and organ damage.

Remember: just because your pet does not outwardly show signs of dental issues, that does not necessarily mean all is well. This is why it is very important that we check your pet's mouth every year at their annual health check and booster appointment.

It is never too late to start a regime of gum and dental protection, so our top tips are:



Daily tooth brushing

Brushing away plaque before it turns into solid tartar is by far the best way to prevent dental disease.



Dental toys

Encourage your pet to chew on dental toys which clean the teeth and gums without causing any damage.



Diet

Feed your pet a balanced diet that includes some dry food which can help to physically remove some of the plaque whilst they chew.

We advise against feeding your dog bones because they can cause slab fractures (when a large chunk of tooth breaks off and exposes the inside of the tooth).

Diet is no substitute for brushing your dog's teeth.

Pet Health Plan

Prevention is always better than cure to help give your dog a long, healthy and happy life. Get them on the right track by registering your dog with our Pet Health Plan and you can **start saving up to 65%** on their preventive healthcare.

What's included?



**Annual booster including
Vet health check**



**12 months flea
& worm treatment**



Microchipping
or £10 credit if already
microchipped



**6 x Nurse checks
with nail clips**



**6 x Nurse checks
with anal gland
expression**



**1 x Nurse consultation
with full health check**



**10% OFF all surgical
procedures, treatments,
medication and products**

Plus additional benefits for senior pets

when your dog turns 7, including urine testing, blood pressure checks and 20% off blood screening. Microchipping is available for dogs on our senior plan with 10% discount on the standard charge.

**Scan the QR code to find out
more and retrieve your quote.**



Pet insurance



Good quality pet insurance means that you don't have to worry about vet bills should your pet suffer an accident or illness.

We are a member of the Vetsure Pet Insurance accredited network.

We work with Vetsure because:

- We handle your claims directly with them so that you can concentrate on your pet's recovery.
- Vetsure provide lifetime policies. This is the most complete type of pet insurance available. You can choose the cover level that's right for you.
- They offer cover against an unlimited number of conditions.
- You only pay your chosen level of excess once per unrelated condition.

We're pleased to be able to offer 5 weeks free with Vetsure Pet Insurance so that you can give them a try. Just scan the QR code below to activate your policy online.

Alternatively, you can give the friendly Vetsure team a call on 0800 050 2022 to discuss the policy options and activate 5 weeks free insurance.





Your independent family vet. Always.

Discover our
surgery locations



We offer a 24-hour service
for the care of your pet

For full details, please refer to our
terms and conditions on our website.

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