



“Keep your holiday season stress free”

We’ve just come through the Guy Fawkes season - and the fireworks are getting bigger, brighter and louder every year. Many pets find this time of the year quite terrifying and some will take weeks to settle back down. The holiday season too can be stressful for pets and owners. There’s lots of excitement, loud music, and probably some more fireworks. Routines are disrupted and many pet owners like to "reward" their pets with treats from the dinner table or candy bag. It is important to maintain routines such as walks and feeding schedules and to keep diets normal. Reduce the chance of injury by making sure your pets’ enclosure is secure - it’s a good time to check fences and gates and that bedding is clean and dry.

The stories below provide help on emergency treatment and some holiday advice to make sure you and your pet enjoy a stress free holiday season. All the very best from us all.



At our clinic, every pet gets the X-Care treatment. This is a highly effective examination and follow-up process, tailored to the changing needs of a pet at the different stages in their life, and ensures every pet receives the highest standard of health care.

X-Care Itchy dogs - are you shampooing?



Shampooing is one of the many options recommended for managing your itchy dog

Dogs can suffer from a range of skin problems, including common skin allergies and skin infections and may have several different problems at once. Often allergies upset the skin environment, allowing bacterial and yeast infections to also flourish. Symptoms include redness of the skin, spots or raw areas, and most common of all ITCHING!

Itchy and irritated skin can be very uncomfortable and debilitating for your pet - and often their response is to chew and scratch which makes things worse. Correct diagnosis by one of our vets ensures the most effective treatment and relief.

Unfortunately there is no “quick-fix” for many of the common causes of skin irritation - it is impossible to remove dust mites or air-borne pollens from the environment. What we can do is use a range of medications, nutritional supplements and topical treatments that best control the situation. Having a pet with itchy skin takes commitment from you as an owner. We may need to try a range of treatments to find what works best for your pet, and often we control rather than cure the skin problem.

Shampooing is an effective treatment and a good example of owner commitment - it is much more time consuming than giving a tablet!

- Prescription veterinary shampoos are available that can:
- X cleanse, remove scale and leave the coat smelling fresh
 - X remove allergens and abnormal sebum (oil)
 - X soothe itching & irritation and help treat bacteria & yeasts
 - X re-establish a healthy skin environment

Using the prescribed shampoo, follow the directions carefully. Wet your dog thoroughly then lather the shampoo well into the skin. Concentrate on areas that are affected - such as the armpits, groin or between the toes. Then massage for about ten minutes (use the time to bond with your pooch!) and rinse well.

Initially shampooing may be required up to twice weekly. This is time consuming, but shampooing remains a very effective topical treatment - you will see the difference in your pet, and may be able to cut down on other oral medications.

X-Care Wandering Dew

Every dog owner should recognize this plant!



Wandering dew is a trailing succulent plant that is very widespread. It roots readily, and forms “carpets” in many areas.

Very importantly, many dogs have a contact sensitivity to this plant. If your dog has itchy skin, especially on the feet and less well-haired under parts of their body (armpits and groin), consider that they may have a wandering dew sensitivity. Try to avoid the plant on walks, and check your local park and own garden for the plant. It is easy to rake or pull out, but will need ongoing control to really eradicate.

X-Care Help! What do I do?

These are probably the first words that go through your mind when your pet has an accident and a sudden problem. There are steps YOU can take to help until you get to the vet clinic.



Open, bleeding wounds: Apply firm pressure to slow the bleeding. Use a towel tied tightly or even a hand held firmly over a dressing. If a main artery is involved (which squirts blood) then apply a tourniquet above the area where it is bleeding, for up to 20 minutes.

Bee Stings and Spider Bites: Apply cold compresses or towel-wrapped ice-packs to the site of the sting or bite. Antihistamine or anti-inflammatory cream may help too.

X-Care Help! What do I do? (Continued)

Eaten Poisonous Substances: As most will do harm once they enter the bloodstream, it is important to cause vomiting and especially so with rat-bait poisoning. Use Soda Crystals placed on the back of the tongue.

Collapse with Lack of Breathing: Mouth-to-nose artificial resuscitation can be given in a similar way as for humans. Feel for a heartbeat first then hold your cupped hand around the nose and blow. Smaller dogs and cats can have their heart compressed between the fingers and thumb. Large dogs need an open palm pressed on the side of the chest. Use a ratio of 5 chest compressions to 1 breath.

Seizures: Do not touch the animal unless they could injure themselves. Check how long the seizure lasts and remember what happens while it is occurring. If it continues beyond 5 minutes get to a vet immediately.

Suspected Broken Leg: Wrap in a large towel or dressings to act as a soft splint to reduce movement of the bones around the fracture site.



Eye Injuries: Cover and protect the eye with a moist flannel.

Stab Wound to the Chest: Cover firmly with a wet towel to reduce sucking-in of air.

Burns: Run cold water over them for 10-15 minutes. Try not to apply any dressings.

In all of the above situations, contact us as soon as possible so that we may advise you further and prepare for your arrival at the clinic.



Holiday Check List

X Who’s minding your pets?
If your pets aren’t traveling with you ensure your kennel or cattery has been booked well in advance. If using a pet minder, make sure they have our clinic details in case of emergency or queries with medications etc.

X Are they healthy?
If boarding, your pets need current vaccinations and proof of that for kennels or cattery. If leaving Wellington with your dog, tell your vet well in advance as they may need an additional vaccination for leptospirosis. If you have any doubts about your pet’s fitness to travel contact us.

X Medication?
Don’t run out while on holiday. Discuss with your vet whether your pet would need a sedative for long distance travel.

X Identification?
Is your pet microchipped (mandatory for all puppies) and/or wearing a clearly identifiable tag on their collar.

X Fleas?
Make sure you are regularly treating all pets in the household - many families return from holiday to find unexpected visitors in their home - thousands of fleas have infested their house.

X The Journey?
Make sure your pet is restrained and secure at all times - especially when stopping. Make sure you take your pet’s normal food and a good supply of water. Ensure your car is well ventilated and your pet doesn’t hang out of the window during the drive - many eye problems result from this habit.

X Chocolate & Cake?
A big thumbs down to these for your pets - especially chocolate. Keep all these goodies (and their festive wrappers) for the humans of the family - in moderation of course!