



# **Avery Animal Hospital Puppy Handbook**

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**C**ongratulations on your new puppy! Avery Animal Hospital wants to help you in your transition by providing this booklet to help answer the most commonly asked questions about puppies.

Please feel free to contact our staff for further explanations or to answer any additional questions.

Included in this book is information on:

**Veterinary Medical Recommendations**

- Vaccine protocols (summary of the diseases prevented with vaccines)
- Parasite Prevention (Intestinal parasites, Heartworm, Fleas & Ticks)
- Dental care
- Spaying and neutering
- Microchip identification

**Veterinary Behavioral Recommendations**

- Crate training
- Elimination training/ house training
- Restraint exercises
- Socialization
- Obedience

**General Guidelines**

- Feeding
- Chew toys
- Collars, leashes & harnesses
- General grooming needs
- Bathing/brushing, grooming, nail trims
- Pet health insurance



**CHECKLIST:**

- ☐ Good Dry Puppy Food
- ☐ Treats
- ☐ Canned Puppy food
- ☐ Food & Water Bowls  
(stainless or porcelain)
- ☐ Chew toys
- ☐ Puppy kennel (crate) – large  
enough for turning around
- ☐ Collar or harness
- ☐ Leash
- ☐ Identification tag
- ☐ Dog Bed

- ☐ Shampoo
- ☐ Brush/comb
- ☐ Nail trimmers (styptic powder)
- ☐ Flea & Tick prevention (monthly)
- ☐ Heartworm prevention (monthly)

**PUPPY VISITS:**

1st visit 6-8 wks (PE, deworm, vaccine)  
2nd visit 12 wks (PE, vaccines)  
3rd visit 16 wks (PE, final vaccines)  
Spay/Neuter after 6 months  
Annual Visits

## Veterinary Medical Recommendations

### Vaccine Protocols for Puppies (Diseases prevented with vaccines)

Regular vaccinations should be a part of any pet's health care program. Started when your pet is young, (6 to 8 weeks of age) vaccines are boosted regularly from puppyhood through old age. Vaccines are given to protect susceptible animals from harmful, contagious, and potentially fatal diseases. While the very young and the very old are the most susceptible, all animals are at risk. Vaccines act within the body to help stimulate natural immunity to ward off infection.

The **DA2P** vaccine includes **D**istemper, **A**denovirus type 2 (hepatitis), and **P**arvo virus. If the proper vaccine protocol is followed, your puppy can be protected from these deadly diseases. The DA2P vaccine is administered initially between 6 and 8 weeks of age and must be boosted every 3-4 weeks until your puppy is 16 weeks of age. Lifetime protection is then maintained by two- and three-year booster vaccinations.

**Leptospirosis** is a bacteria which dogs can acquire from water sources (streams, ponds, and even puddles), which can be transmitted to humans. This vaccine is given twice at 12 and at 16 weeks. Lifetime protection is maintained by annual booster.

**Bordatella** is a bacterium that can cause the "kennel cough complex" or tracheobronchitis. It is a contagious upper respiratory tract disease that spreads rapidly from one dog to another. Extreme cases may lead to bacterial pneumonia. Most boarding kennels and training classes require this vaccine and it should be given to any puppy that attends. The Bordatella vaccine may not provide 100% protection, but if infected, it will be a milder case than an unprotected dog. Lifetime protection is maintained by annual booster (rarely high risk dogs need twice yearly boosters).



**Rabies** is a fatal disease that is transmitted through the saliva of a rabid animal. All warm-blooded animals are susceptible to this virus. Franklin County and the city of Columbus require the rabies vaccine for all dogs over 16 weeks of age. The first rabies vaccine provides protection for 1 year. After the first vaccine, your dog will receive a rabies vaccine that will last for 3 years.

**Lyme** disease is a bacterium carried by deer ticks. The deer tick is found on deer, mice, and other rodents. The lyme vaccine is recommended for dogs with exposure to heavily wooded areas or travel to endemic regions. This vaccine requires a series of 2 vaccines given 3-4 weeks apart and then annual boosters.

**Canine Influenza** or the "dog flu", is a highly contagious viral infection which is transmitted by respiratory tract through sneezing and coughing. You should consider vaccinating high risk pets (frequent travel to varied locations or frequent kenneling, day care or grooming.) There is a vaccine against the most common strain H3N8 which requires a series of 2 vaccines given 3-4 weeks apart and then annual boosters. (Of note, a second vaccine has recently been conditionally approved for high risk pets in the Chicago area..)

Feel free to discuss any vaccines and your pet's individual risk with any of our veterinarians.

Although vaccine reactions are not common, they do happen occasionally. Mild lethargy the day of vaccination is not uncommon. If your dog experiences vomiting, diarrhea, facial swelling, difficulty breathing, or other significant symptoms, please call us immediately.

## **Parasite Prevention**

### **Internal Parasites**

Intestinal parasites (worms) are common in puppies. The parasites can be transmitted via the placenta, nursing, or through exposure to contaminated stool, fleas, or rodents.

There are numerous types of intestinal parasites. Worms can cause anemia, diarrhea, vomiting, and malnutrition. Some dogs will show no signs of infection. We recommend bringing a fresh fecal sample to each puppy visit and then annually, so we can examine the sample microscopically for parasite eggs. Some worms can cause disease in humans as well. Therefore, always clean up after your puppy and practice effective hand-washing hygiene.

### **Heartworm Disease**

Heartworm disease is a major threat to the health of unprotected dogs in this part of the country. Spread from dog to dog by mosquitoes, the heartworm larvae molts several times in a dog before they migrate to the dog's heart. They reside in the heart and pulmonary arteries, where they reach an adult size of up to 12 inches long.

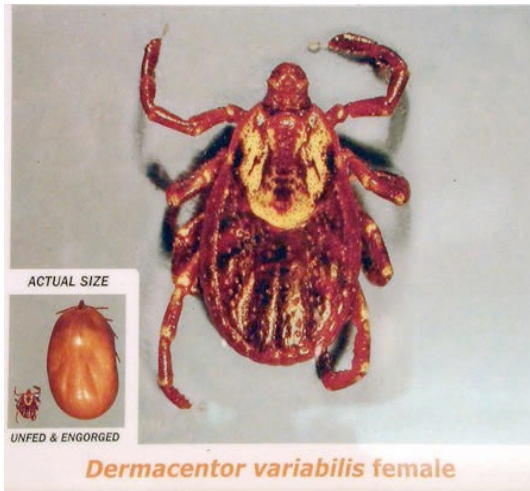
Keep your pet on a monthly preventative, year round, for their entire life. We will begin your puppy on heartworm prevention during one of his or her first visits and request that you continue this treatment thereafter. We will discuss Heartgard, Tri-Heart, Trifexis, Interceptor, Sentinel or others for you to start. Then, each year, blood is drawn for a heartworm test at the time of the annual exam. The annual blood test is a crucial part of this program, allowing us to detect heartworm infection in its early, treatable stage.

### **Fleas**

Fleas are small, dark brown jumping parasites that live on the skin of dogs and cats. They can cause intense itching and can carry intestinal parasites. Although they prefer dogs and cats, they will bite people too. Because fleas are sensitive to light, sometimes they are hard to find on your dog. Little specs of pepper-like 'flea dirt' on your dog's skin can be a sign of flea infestation. Left untreated, a small flea problem can become a major infestation. Flea treatments have come a long way in the past decade.



There are many products which provide great flea prevention. We recommend Comfortis, Frontline Plus, Nexguard, Revolution, Trifexis, Advantage, Bravecto, and Seresto collar as flea control products.



## Ticks

Ticks are small, brown, eight-legged parasites that crawl and attach to skin. They can transmit bacterial infections (Ehrlichia, Rocky Mountain Spotted fever, Lyme disease.) Any ticks identified on your pet should be removed immediately. Frontline, Nexguard, Revolution, and Seresto collars are several products which provide protection against ticks. Each year when your adult dog is tested for heart worm disease, we also screen for exposure to tick borne diseases.

The most common species in central Ohio is Dermacenter, which can carry the aforementioned bacteria and cause your pet serious disease. Lyme

disease can be caused by the deer tick. This tick's range includes New England, Pennsylvania, Virginia, and some parts of West Virginia. If you travel with your pets to these areas please inform your veterinarian and we can help assess your pet's risk.

\*\*\*Additional information concerning fleas, ticks, intestinal parasites, and heartworm can be found at [www.capcvet.org](http://www.capcvet.org)\*\*\*

## Dental Care

A program of oral cavity care is a very important component of your pet's overall health care. Studies show that by the age of three, 80% of dogs and 70% of cats show some degree of gum disease. Bad breath and red gums are often the most obvious signs, but serious systemic disease may also result. Gingivitis causes a build-up of bacteria, which is absorbed into the bloodstream. It may then cause significant damage to the heart valves, kidneys, and liver. Many animals also lose teeth at an unnecessarily young age due to lack of proper dental care.



Brushing your dog's teeth is the best way to prevent dental disease. Each dog's predisposition to dental disease is different. Start by brushing your puppy's teeth once a week with a soft bristled toothbrush and pet toothpaste. Then increase your frequency to multiple times weekly (best is daily) and you will help prevent dental problems in the future. Just like people go to the dentist routinely, your dog will need to have his teeth examined and cleaned professionally, too.

Because each dog's need for dental cleaning varies, we suggest a thorough oral cavity exam be conducted at least annually. Your veterinarian will advise you when your dog needs to have his teeth cleaned professionally under general anesthesia. By brushing you will lengthen the time between dental cleanings and will become aware of early signs of dental disease. Ask our staff for help getting started. Brushing your dog's teeth is much easier than you think.

## **Spaying and Neutering**

We recommend having your puppy spayed or neutered after 6 months of age to avoid potential fatal diseases and unwanted pregnancies. We provide surgery to the pets of our clients Monday through Thursday. Your pet will need to be in good health the day of the surgery. Fasting is required the night before. We recommend preanesthetic blood work prior to surgery to ensure your pet does not have a preexisting health condition, which would increase his/her risk under anesthesia.

All surgical patients receive medications according to his or her weight. Your dog will have a catheter placed in a vein and will receive intravenous fluids while he or she is under anesthesia. A registered veterinary technician will be constantly monitoring your pet with the aid of an EKG, pulse oximeter, and respiratory monitoring. We will contact you when your pet is in recovery. Most dogs go home the day of surgery.

Many large breed or specific breeds at risk for a stomach torsion (Great Danes, German Shepherds, etc), may be a candidate for tacking their stomach during the spay/neuter procedure. Avery Animal Hospital does perform this surgery and a doctor can help discuss this option with you.

## **Microchip Identification**

Each year, thousands of pets are lost, missing, or stolen. Unfortunately, this happens to one-third of all pet-owning families. More tragically, only 10% of lost pets are identified and returned home safely. Fortunately, there is a nationwide system to help return lost pets quickly to their families. The Home Again Microchip provides permanent identification by means of a tiny microchip injected under the skin. Veterinarians, humane societies, and animal shelters utilize scanners to read the personal identification number on the microchip. They can then contact a national database 24 hours a day to identify and contact the owner of the animal. Ask one of our veterinarians about having your puppy microchipped - its quick and easy.





# Veterinary Behavioral Recommendations

## Crate Training

Crate training simplifies elimination training. It helps your puppy to learn more quickly. A crate also protects your puppy from the many dangers in your environment as puppies explore with their mouths and will chew almost anything. Whenever you are unable to directly supervise your puppy it should be in the crate or connected to you with a leash. The crate will become your puppy's area and he may actually seek it out when he or she is tired.



Choose either an open wire or closed plastic crate for your puppy. Either is appropriate. Choosing an appropriate sized crate is very important. It should just be large enough for your puppy to stand up, turn around, lie down, and stretch out. If the crate is too large the puppy will learn to urinate or defecate in one area and sleep in another. While you may choose not to use the crate all of your dog's life, getting them acclimated to a crate young can drastically reduce some future behavior problems.

### Introducing the Crate:

- Introduce your puppy slowly to the crate.
- Show your puppy a treat and then toss the treat in the crate. Allow the puppy to enter and leave the crate. Repeat this 5-10 times.
- Introduce a Kong (stuffed with peanut butter, cheese whiz, or canned food) to distract your puppy in the crate for longer periods of time. {freeze to last longer}
- Your puppy will start to anticipate that you are going to throw the treat in and will run ahead. When he is doing this, use a cue, such as "kennel". You should say the cue before he is in the crate. (Practice 3-5x's a day for the first few days)
- Once your puppy is accepting the crate, begin to close the door for a few seconds. Gradually increase the time the puppy spends in the crate.
- Place the crate initially in a quiet place when your pet is due to sleep either during the day or at night. Your puppy needs to learn that "alone time" is important too.
- Sometimes place in an active area (family room) if possible, so the puppy does not think it is being isolated every time it goes in the crate. Your puppy has the option of having time to itself without having to leave you. Leave the door open and you may find when she is tired, she will seek out her crate.
- The rule of thumb for crate duration: your puppy can hold it the number of hours of its age in months plus one. {i.e. 8 weeks is 2 hours plus 1 or roughly 3 hours}
- \*\*Avoid ever letting your puppy out of the crate when she is barking or crying, because it will only reinforce that behavior. You may have to ignore some initial whining or barking in first 5-10 minutes. (The exception: if your puppy has been asleep and wakes up, she needs to go out so don't ignore her!)
- NEVER use the crate for punishment.
- Blankets or bedding are not necessary for the crate, but they do provide a more comfortable environment once your pet is trained. If your puppy is prone to chewing on blankets or bedding, then do not use them.
- If your puppy is hesitant, try feeding meals in the crate with the door open.

## Elimination Training

A dog prefers to eliminate away from his eating and sleeping areas, on porous surfaces, and in a place where elimination has previously occurred. PREVENTION is key to successful training. Set your puppy up to succeed.

### First weeks:

- Ensure you are ready to go outside before letting your puppy out of the crate.
- Very young puppies may need to urinate as often as every 15 minutes the initial first weeks. Consider a timer to get him/her out frequently when they aren't in the crate.
- Limit food intake. Feed a consistent diet at routine times daily. No food after 8 pm to ensure success through the night.
- Monitor water intake late in the day. Water can be limited before bed too.
- Use a word like "outside". Your puppy will quickly associate the word with going outside. If you catch your puppy in the act, quickly say, "outside." Often the noise will make the puppy stop and you can run them outside to finish.
- Take your puppy out on a leash, even if in a fenced yard, and direct him to one area of the yard. Praise your puppy with attention when he eliminates in the appropriate place. Rub his belly and make a fuss over him.

### The Basics:

- Make repeated trips: first thing in the morning, last thing at night, and multiple times in between. Go out after eating, playing, and sleeping. Take him outside any time an activity stops.
- During the day, when you are home, you should take your puppy outside every 15-30 minutes whether you think she needs to eliminate or not.
- Lead her to the door and have her sit briefly before going out.
- Eventually she will learn to let you know when she needs to eliminate (perhaps by walking to the door). Until she learns, you will need to anticipate when she needs to go outside.
- You can start ringing a bell as you go outside as a marker and later even have your puppy try to ring it themselves.
- If you expect to be away from home for more than 8 hours at a time, you may consider hiring a dog walker or enrolling your puppy in a doggy daycare once she is 6 months.
- Do not let the puppy wander through the house unsupervised.
- Don't give a treat when you return to the house, it makes her hurry and sometimes forget to go potty which increases accidents.

### The Hiccups:

After several weeks of consistent training you should feel your puppy is nearly potty-trained. But you may be encountering some problems

- DO NOT PUNISH your dog for accidents in the house. Simply ignore him and clean up the area. If there is stool, take it outside to the designated area.
- Treat soiled areas inside the house with an enzymatic cleaner. Avoid any products that have ammonia in them, because ammonia will actually encourage your puppy to eliminate in that area.
- Some puppies will urinate when they greet you and may roll over on their back. This is a submissive response. Ignore this behavior.





Avoid eye contact with this puppy and avoid excited vocalization when you greet him. Most puppies will outgrow this behavior.

- After success, you can add a phrase such as “hurry up” or “go potty.” Timing is critical. You must be able to predict when your puppy is just about to eliminate and then add the cue phrase. The closer the cue is to the behavior the better.
- If outside time stops every time the puppy goes to the bathroom, she will learn to hold out. Ignore the puppy when you take her outside, then once she goes to the bathroom, have some playtime. If she has not gone to the bathroom and is jumping or barking at you, take her inside and try again in a few minutes. (you may place her back in the crate in the mean time).

## Restraint Exercise

Your dog should be relaxed and comfortable when you hold her close to you, even against her will. Therefore hug your dog (and supervise your children hugging) daily and give her treats while doing so. If you only hold your dog still when “stressful” things happen (nail trim, vaccination, etc.), she will learn to be fearful of restraint.

By teaching your dog to be relaxed with restraint, you will find it is much easier when you need to examine your dog’s eyes, ears, mouth, feet, skin, and tail. Practice exams as often as you can. You can also teach your dog to relax when they have become overly excited by practicing restraint with treats.

To begin this exercise, have some yummy treats (small pieces of hot dog, cheese, peanut butter, etc.). If your dog is small enough, she can sit in your lap while you hold her close to you with both of your arms. Large puppies can just be hugged or held closely while you are both sitting on the floor. Then,

- Use a word like “soft” or “easy” over and over. If she is relaxed, pet her and talk to her while someone gives her very small special treats.
- When your puppy begins to struggle, DO NOT let her go. She will learn only to struggle more the next time. Stop talking to her until she settles down again.
- Do not yell at her if she struggles. (feed treats but do not let her go until she’s calm)
- When first training this behavior, make sure you do it several times a day for short periods of time. It is helpful to pick times when your puppy is tired and there are no distractions.
- Remember, a lot of praise and treats to reward her when she does well.
- This exercise is taught and perfected in puppy preschool classes.



## Socialization

There are two stages of development that will most likely occur prior to you acquiring your puppy. They are the neonatal period (day 0-day 14) and the transition period (day 15-day 28). The next stage is the **socialization period** (weeks 4-16) where puppies are more prepared to accept new people and animals than at any other time in their development. As the name implies, this is the time to expose your puppy to a wide range of environments, including an assortment of sounds, textures, people, animals and objects. Your puppy should be exposed to all situations it will encounter during his life in a positive way. This stage is very important because it is a time that we can prevent future behavior problems. It is critical that these exposures be happy experiences - we want to teach our puppy to be outgoing and relaxed, not fearful.



Your goal should be to do a **minimum of 2-3 encounters from the following lists every day**. Go slow with your puppy and if he becomes visibly upset by a situation, put some distance between your puppy and the situation and feed it treats. However, be careful not to reinforce your puppy's fear by trying to reassure her (holding, hugging). Just ignore her until she is relaxed. Your dog will sense if you are nervous about an encounter and that can cause her to become nervous as well. Be sure to have lots of treats available to praise your puppy and have them sit and stay to meet all new friends. Have fun!

It is important to keep in mind that puppies are not fully immunized until 1 week following their final vaccinations at 16 weeks of age, and therefore are more susceptible to diseases such as parvo and distemper. Take this into consideration by avoiding high risk situations, and don't take puppies to parks (including dog parks), pet stores, or places with unknown or sick looking pets.

Despite these risks puppies can be safely socialized. It is still essential that your puppy meet many other healthy puppies/kittens and friendly dogs before they are 16 weeks and also afterwards. Be aware that not all adult dogs tolerate puppies well and use caution if a strange dog seems unfriendly.

**Your puppy should meet...**(Have these people give your puppy a treat)

### People:

1. Delivery person, newspaper carrier, mail carrier
2. Person wearing a hat or glasses
3. Person with a beard
4. Children of all ages
5. Teenagers
6. Elderly people
7. Person with a disability
8. People of different nationalities

**Your puppy should meet...**(Give your puppy a treat when meeting)

### Pets:

Other "puppy friendly" animals – Introduce your puppy to dogs and cats of all sizes. Ensure your puppy can't be hurt or cause injury to the animal.



### **Your puppy should go ...**

1. Friend's houses
2. Outside a schoolyard or playground during recess or during a sport activity
3. Shopping center (Home Depot & Old Navy are pet friendly)
4. Car rides and car wash
5. Veterinary hospital—You are welcome to visit us weekly to weigh your puppy and get attention and treats from the hospital staff.
6. Construction or work area

### **Your puppy should experience..... (different textures and sounds)**

Expose your puppy slowly to water, and be sure to walk your puppy on different surfaces, like asphalt, mulch, grass, sand, and gravel. Likewise have your puppy explore stairs and uneven walkways.

### **Your puppy should hear various sounds..**

**\*\*Go to “You-tube” and search for thunderstorms, fireworks, crying babies and other sounds which your puppy might be fearful of or encounter later in life. Then replay these saved clips while playing with your puppy. Many apps are now available to download with these sounds.**

**\*\*Remember that socialization is a continuous process. Try to give your dog one new experience a week, even as an adult.\*\***

**\*\*Puppy Preschool is a class dedicated to socializing your puppy. Ask for more information or explore our website ([AveryAnimalHospital.org](http://AveryAnimalHospital.org))\*\***

**Normal puppy development** includes several **fear periods** and a **normal juvenile** period (extending from 3 months to puberty) which is comparable to our own rebellious teenage years.

**Fear periods** are 2-3 week periods in which your puppy is extra-sensitive to scary or adverse experiences, and can have lifelong consequences. During these times dogs may be more easily scared, with any negative experience having the potential to create a life-long fear.

- Ordinary fixtures (trashcan, basement steps) or events (daily walk) may have some subtle change which startles your puppy and has the potential to be more long lasting.
- The first period occurs within the socialization phase, generally around 8-10 weeks of age. A puppy can experience one or several fear periods during the juvenile phase.
- If you identify shyness or fear, direct your pet to “sit and stay” and reward him with a treat, or throw a handful of treats down to distract your puppy from the fearful object.

**Juvenile puppies** are growing rapidly, very excited and energetic, but also show an increased sense of independence. Puppies which followed their owners around everywhere before, suddenly don't want to come and aren't as interested in our approval. They are also difficult to train as juveniles and it is recommended that you invest in early training and obedience to minimize the misbehavior.

## Obedience / Basic Training

The level of training you pursue will depend on what you expect from your dog. If you want your dog to be able to lay down and stay in one spot when you have a house full of people, that will take a lot of work and training on your part. Deciding what you will expect from your dog is the first step.

All dogs should at least have a beginning level manners course.

\*\*We suggest attending the Avery Animal Hospital Puppy Kindergarten classes to focus on your puppy's obedience.

\*\*Gretchen Latham can also do basic training classes or problem management classes with you at Avery or your home. We can make other suggestions if our classes don't meet your schedule needs.

All dogs should be taught the following cues / manners and practiced in many different locations and situations so that your pet has mastered them.

- Sit and stay
- Leash training (your puppy should walk on leash without pulling)
- The "leave-it" cue
- Teach "trade-it/drop-it" cue
- Come
- Teach your dog "place" or "station" which is the term to go to your bed



## Chewing and Play Biting

Chewing is a normal and important behavior at this age. Excessive chewing can be due to teething, boredom, or stress. You can make sure your puppy gets plenty of exercise and attention every day. Although play biting is annoying, it teaches a dog bite inhibition. If a dog never learns how hard is too hard they can be dangerous. **Bite inhibition** means a dog does not use his full jaw force when he bites. Dogs learn bite inhibition naturally through interaction with littermates. However, once they are in your home, it is your responsibility to teach them. If you have other dogs in the house, often they will reprimand the pup if it bites too hard. Otherwise enroll in a preschool or set up playdates with similar aged puppies. It is essential that your puppy learn that their jaws and teeth can cause pain and they need to be careful, especially with humans. A dog that has not learned bite inhibition will use their full jaw force. For example, if he is startled while eating and turns around to snap, he will inflict much more damage than a dog that has learned to inhibit the natural instinct to bite.

### Suggestions for decreasing play biting:

- Your reaction to the puppy's teeth touching your skin should be that play time must stop immediately. Stop when the puppy begins mouthing and do not wait until the puppy is out of control and hurting you. If you tolerate some mouthing, your dog will not understand why it is sometimes acceptable to bite you but not always. Be consistent.





- Prevention: If you know there is a particular time of day or situation that makes your puppy become overly excited, anticipate it and either distract your puppy with another activity (variety of appropriate toys) or give her a few minutes in her crate (she is probably tired and needs a nap).
- Avoid punishment (such as grabbing the muzzle) because it often only serves to increase play biting and can create a more aggressive bite.
- The only form of punishment should be ignoring the puppy. Kids can make themselves into a tree by standing very still. Unfortunately running, screaming, or any interaction will inadvertently reward the behavior. And if your puppy gets too amped up by kids you can use a harness or leash on your puppy to control and prevent getting to the kids.
- If the puppy's teeth touch your skin, you can yelp like a puppy or say "ouch" or "no bite" and then stop all interactions with the dog until it is acting appropriately. This may mean leaving the room for a minute.
- Tug-of-war can be a great game, but we have to establish some basic ground rules. Initially pull once or twice and let go. You can use a treat to get your pup to let go. If your pet gets overly aggressive then you should call Avery before playing again.

### Preventing Jumping Up

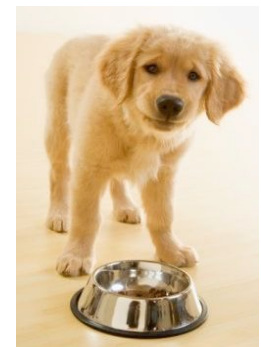
Your puppy will attempt to jump up in an attempt to get your attention. It is important to ignore this behavior and not inadvertently encourage it to have a well mannered puppy.

- Start by having your puppy sit for treats
- Ignore your puppy by giving no attention until all 4 feet are on the ground.
- Have children turn around (back facing pup) with arms crossed until jumping stops
- Instruct all people meeting your puppy to have her sit before petting or giving a treat. This is most easily accomplished using a leash to restrict her until she complies.

## General Guidelines

### Feeding

Establish a routine. Puppies should be fed 2-3 times a day. Toy breeds (Chihuahua, Yorkshire terriers, etc.) may need to be fed more often. Always feed your puppy a food designed for your puppy's needs. Generally a high-quality premium food, such as Science Diet, Iams, or Eukanuba is recommended. Many food manufacturers have developed puppy foods based on the estimated adult weight of the breed. These foods are specially designed to meet the varying growth rates and nutritional requirements of different sized dogs (i.e. Large breed puppy should eat Large breed puppy formula).



To help with elimination training do not feed free choice. Allow your puppy 15-30 minutes to eat. If he has not finished his food, pick it up. He will learn that he has a limited time to eat. Be careful about causing possessiveness over his food bowl. Have his feeding area be in a high traffic zone, so that he is used to people being around his food. Feed part of the



meal to the puppy by placing a few pieces of kibble in the bowl, and then lower it to him. Add kibbles as he eats. Also add treats as you walk by the bowl.

Feed a consistent diet. Changing brands of food or feeding table scraps can cause intestinal upset and diarrhea. Dogs do not require a variety of foods. All premium diets contain the necessary nutritional requirements. If you do need to change your dog's food, do it gradually. Be careful with the amount of treats you are feeding. Avoid treats with food dyes.

Stainless steel bowls are less likely to cause irritation around the chin. Plastic bowls can harbor bacteria and cause "acne" on your puppy's chin.

Water should be made available at all times when the puppy is outside of the crate.



### **Chew Toys**

Appropriate chew toys:

- Kong toys: stuffed with treats or Cheesewhiz or peanut butter (no xylitol) (Freeze overnight!)
- Hard rubber balls that are large enough not to be a choking hazard
- Nylabones
- Buster cubes
- Wiggly Giggly
- Twist & Treat
- Waggle
- Milk jugs or orange juice containers
- The everlasting treat ball

There are numerous other toys that are available at pet stores. Just be careful not to leave your puppy unsupervised. They can destroy and ingest a toy very quickly. Do not give your puppy all the toys at one time. Rotate toys and only allow her to have access to one or two toys a day so they remain novel to her.

Avoid giving your puppy meat bones, antlers, pig ears, hooves, old socks or shoes, as these are common sources of intestinal obstruction or teeth trauma that could result in major surgery.

## **Collars, leashes & Harnesses**

Many dogs walk well with a collar, but others could benefit from a harness either for walks (to avoid tracheal trauma from pulling too hard) or for comfort. We suggest using a quick release nylon collar. We do not recommend choke or prong collars and never use an “E” or shock collar. These can injure or traumatize your puppy for life.

Standard length nylon or leather leashes work best for your new puppy. While Flexi-leads are popular, they allow your pet to go too far and often risk tangling and injury.

There are several major brands of comfortably fit harnesses to choose from in either a head halter or chest fitting. We recommend a “Comfort trainer” (formerly Gentle Leader) head halter. Likewise there are “Sensation,” “Easy Walk,” and “Freedom” harnesses available for training. A harness is essential to walking adolescent large breed pups!

It is important to check the fit of the puppy’s collar on a weekly basis. Simply check if you can fit several fingers between the collar and neck. If it is too loose, your puppy could slip out of his collar. Because your puppy is growing quickly, a collar can quickly become too tight and cause injury. If your pet is bothered by its collar consider removing the collar prior to leaving your puppy in his crate at least initially.

## **General Grooming Needs**

### **Bathing/Brushing**

We generally suggest bathing your dog no more than once a month, unless directed otherwise by the veterinarian. Excessive bathing can cause dry skin. Be sure to use a tearless shampoo for dogs. Do not use flea shampoos and avoid human shampoo, which are designed for the pH of our skin, not the skin of dogs.

- If your puppy seems hesitant or stressed give her lots of treats and potentially introduce her to the bathing spot several times before actually bathing to get her acclimated.
- Routine brushing (even short hair dogs) will help keep the coat clean and decrease the number of baths the dog needs.
- Introduce the brush by feeding cheezwhiz and run the brush over the fur, barely touching, the first couple of sessions.



### **Grooming**

Many breeds require regular grooming to help prevent mat formation and to keep the fur controlled. You can help your pet adjust to grooming by practicing restraint exercises and sitting on top of a desk or table. A groomer will require current vaccinations and help you to decide how often your breed will need follow-up visits.

### **Nail Trims**

Pets need to have their nails trimmed routinely unless worn down sufficiently on walks. Initially feed your pet peanut butter or cheezwhiz and repeatedly hold their feet still. Then trim one nail per session and repeat frequently on daily or weekly basis. Gradually increase the number of nails trimmed. Please let us know if your puppy seems anxious with nail trims and we can arrange to work on this early in their life to prevent problems later.

## Pet Health Insurance

Because quality veterinary care is expensive and your pet's health is extremely important to you, you might want to consider obtaining pet health insurance in case of an emergency or unforeseen health problem.

A list of pet health insurance companies includes (but may not be complete):

- Hartville
- Embrace
- Petfirst Healthcare
- Petplan USA
- Trupanion
- VPI (Nationwide)
- AKC
- Pets Best
- 24PetWatch
- PurinaCare
- ASPCA
- Healthy Paws

Pet insurance may or may not be the best option for you. Consult [www.pet-insurance-university.com/compare\\_pet\\_insurance.html](http://www.pet-insurance-university.com/compare_pet_insurance.html) as a reference to help you determine the best policy for you. Some financial advisors recommend creating a savings account in your pet's interest and regularly contributing in case of an emergency instead of insurance.



### Parting Thoughts:

-Your puppy / adolescent dog is encouraged to return for happy visits to Avery. You can practice getting on the scale and visit our exam rooms and staff whenever!

-We recommend creating puppy play groups with familiar pups/dogs as your best option for all young

dogs

- Similarly we would caution you and your puppy to the risks of dog parks and sometimes even day care programs. These forums can be dangerous for puppies both socially and medically. Please use caution and your best judgment for any aged dog going to a dog park and skip it if there is any risk of aggressive or bullying dogs.

### After-Hour Emergency Numbers:

#### MedVet Medical & ER (Worthington)

(614)846-5800

300 E Wilson Bridge Rd Worthington, OH 43085

#### OSU Dublin

(614) 889-8070

5020 Bradenton Ave Dublin, OH 43017

#### MedVet Hilliard

(614) 870-0480

5230 Renner Rd. Hilliard, OH 43228

#### OSU Veterinary Medical Center (Campus)

(614) 292-3551

601 Vernon L Tharp St Columbus, OH 43210

#### **Pet Poison Hotline (\$35 fee)**

**1-800-213-6680**

#### **ASPCA Poison Center (\$65 fee)**

**1-888-426-4435**

**We** hope this handout has been helpful. Please do not hesitate to contact us if you have any questions or need advice regarding your new puppy. We look forward to seeing you and your puppy soon. Most of all, Have Fun!