

How to have a happy and healthy puppy



Congratulations on your new arrival.

Welcoming a puppy into the house is an exciting time and making sure your puppy has the best start in life is very important. You will have researched the breed for you carefully and found a reputable breeder or rescue centre and now it's over to you take on the care of your dog for many years to come.

Here are some of the most important things you need to make sure you have done for your puppy.

VACCINATION

Vaccinating your puppy protects them from life-threatening diseases. After your puppy's primary course of vaccinations, they will need yearly boosters to maintain their immunity levels.

When puppies are first born, they completely rely on the antibodies provided in their mother's milk. This will protect them against any harmful microorganisms. However, this protection fades over time, meaning the puppy will become vulnerable to catching infectious diseases. The right vaccinations at the right age will help prevent your puppy from developing any of these diseases or infections.

The main diseases your puppy will be vaccinated against are:

- Distemper - This can take several forms, which often makes diagnosis difficult. In general it can cause high temperature, respiratory problems (rhinitis or bronchial pneumonia), digestive problems (gastroenteritis), ocular, cutaneous or nervous problems, and may often be fatal.
- Hepatitis - The symptoms range from slight fever and congestion of the mucosa membrane to vomiting, jaundice, stomach enlargement, depression, reduction of white blood cells, pain in the liver and severe hepatitis.
- Parainfluenza virus – Canine parainfluenza virus is a highly contagious viral lung infection. Symptoms of CPIV resemble canine influenza (kennel cough) but it is a very different virus requiring different treatments and vaccinations. The symptoms of canine parainfluenza can vary depending on the dog's age and any weakened immunity due to age or an existing illness but will generally include persistent cough, fever, sneezing and nasal discharge.
- Parvovirus - Parvovirus is highly contagious and attacks the gastrointestinal system, creates loss of appetite, vomiting, fever and severe, bloody diarrhoea. Extreme dehydration can come on rapidly and can be fatal within 48 - 72 hours.
- Leptospirosis - Leptospirosis is a zoonotic disease which comes from bacteria transmitted by rodent urine, and can be transmitted to humans and certain animals. For dogs, symptoms include fever, vomiting, abdominal pain, diarrhoea, loss of appetite, severe weakness and lethargy, stiffness, jaundice, muscle pain, infertility and kidney failure (with or without liver failure).

Your puppy will have a course of two injections, starting at 8 weeks, with a second injection 4 weeks later at 12 weeks. Some breeds are more susceptible to parvovirus so an additional vaccine at 16 weeks old will be discussed with you by the veterinarian.

Your puppy might seem a little quieter than usual after their injections but within 24 hours should be back to their normal bouncy self. This is down to their immune system responding to the vaccine. If they continue to be quiet or are seemingly unwell always telephone your veterinary surgery for advice.

It is essential that your puppy is fully vaccinated before you let them come into contact with other dogs. They should not be allowed on the ground when out and about, especially in parks and fields. However it is safe to take your puppy out in your arms to socialise them. You can also section an area of the patio in the garden that you can disinfect so they can go out to get toilet training started. They will be able to go for walks 10 days after their second vaccination. Ideally wait till they have had the additional 16 week parvovirus vaccination (if needed) before taking them to the park to meet lots of different dogs.

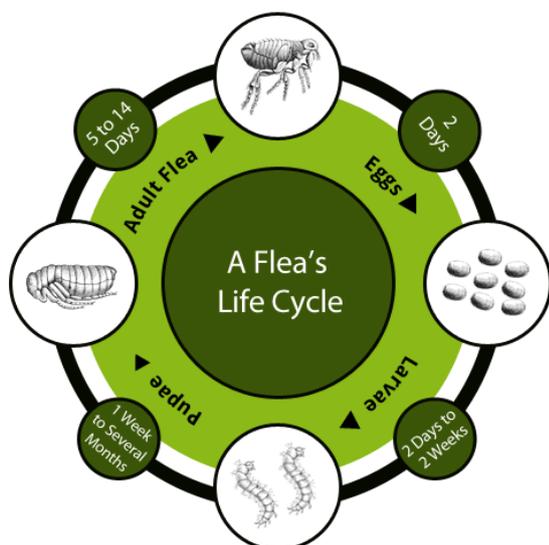
FLEAS & WORMS

Regular flea and worm treatment will help prevent your puppy from being infested with certain parasites.

Worming preparations will treat infestation of:

- Round worms – These look like pale, curled earthworms. In puppies these cause a pot-bellied appearance, diarrhoea, dull coat and weight loss
- Tapeworms – These look like tiny grains of rice, usually around your puppies anus. These can also cause vomiting and diarrhoea.
- Whipworms, hook worms
- Lungworm – These worms live in the heart and lungs and look like tiny threads in the organs. They cannot be seen by the naked eye in the dog's faeces which is why they are so deadly as you won't know your dog is infected until they have a heavy burden and your dog is very ill.

Spot on flea products are generally used monthly and will kill the live fleas. Some products will kill the eggs and larvae as well. Fleas are very good at hanging around in the environment and eggs can hatch months later. If you find lots of fleas on your pet, treating the home is always a good idea to remove all stages of the flea.



We recommend treating your puppy with a worming tablet called Milpro when they are 9 weeks old. This will treat them for the most common types of worms seen in puppies, round and tape worms. It will also treat for rarer worms such as hook and whip worm and start protection against lungworm.

When your puppy reaches 10-12 weeks we recommend you start treating him with a spot on treatment called Advocate. We advise you use this monthly for the rest of your dog's life. This is an all in one product for fleas and worms (except

tapeworms). This product is especially important as it is licensed to treat and prevent lungworm if used every month. We are in a high risk area for this worm and the infection can be fatal. Puppies (and young dogs) are more at risk as they are so inquisitive. This disease is carried by slugs and snails, which puppies find fascinating! The worm does not discriminate though, and all dogs are vulnerable if not routinely treated.

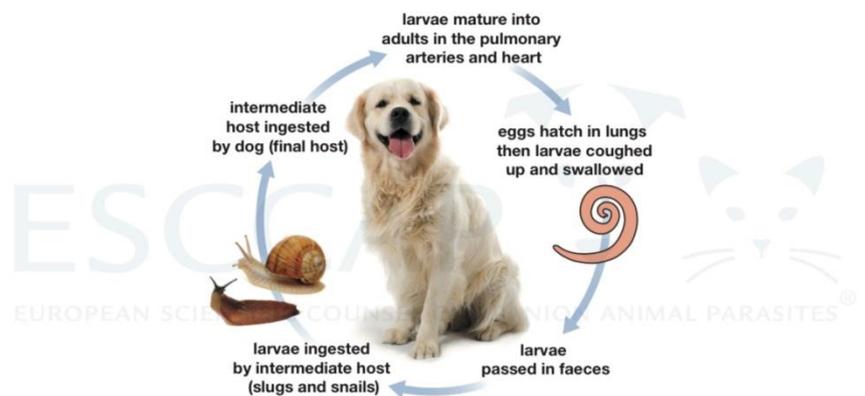
If Advocate is being used monthly, your puppy will need worming with a separate tapeworm tablet every 3 months (this may vary depending on lifestyle). We recommend Milpro for this as it also doubles up with protection for lungworm. Advocate & Milpro need to be given at separate times as they contain some of the same ingredients so your vet will advise you of the correct way to give these. Advocate lasts for a full 4 weeks, whereas Milpro lasts in the body system for a day or so.

While your puppy is growing to their adult weight they will need to be weighed monthly for the spot on treatments. This is a great way for your puppy to get used to coming to the vets and realise that they don't always get an injection when they come! This will lead to a happier pet at annual vaccination appointments. It is also an opportunity to raise any concerns about your puppy's health with one of the nurses.

LUNGWORM

Lungworms are thin, short adult worms that live within the chambers of the heart, and in the artery that connects the heart to the lungs. Despite their main home being in the heart, these worms are called lungworms as they cause mainly lung-related signs such as coughing.

Unlike some other worms you can't see an adult lungworm. They only live within dogs and foxes. Canine lungworm, also known as *Angiostrongylus vasorum*, reproduce by producing eggs which hatch into larvae. These larvae are coughed up from the lungs, swallowed, and passed out in faeces. Once in the faeces, larvae are picked up by slugs and snails, and mature until they are old enough to be infective to dogs and foxes.



Prevalence in the UK has grown, meaning that it would be practically impossible to eradicate lungworm from the wildlife population. Protecting our dogs with lungworm preventative treatments is the only way to ensure they are not exposed to infection.

Dogs can get lungworm by eating infective lungworm larvae. These can be found in the slimy coating of slugs and snails. These larvae can also be found on toys and in water bowls where slug or snail contamination might not be obvious. Dogs do not have to eat the actual snail or slug to get infected and can get infected from the larvae in the environment when licking their paws or fur.

The most common symptoms of lungworm infection are:

- Coughing
- Changes in breathing or struggling to breathe
- Tiredness and depression
- Unexplained or excessive bruising
- Bleeding

Sadly, dogs with severe lungworm infections will die.

You can't stop your dog being exposed to lungworm but there are a few measures you can take to prevent an infestation developing:

- Regular preventative treatments - Worming treatment comes in the form of a spot-on (Advocate) and a tablet (Milpro or Nexgard Spectra), and treat a range of parasites including lungworms. Advocate is our first line treatment and should be done monthly. These are the only medications that are proven to work; over the counter supermarket or pet shop treatments will not prevent this deadly parasite.
- Picking up your dog's faeces quickly. This will help prevent the spread of lungworm.
- Removing toys and bowls from the garden overnight so they are not exposed to slugs and snails.

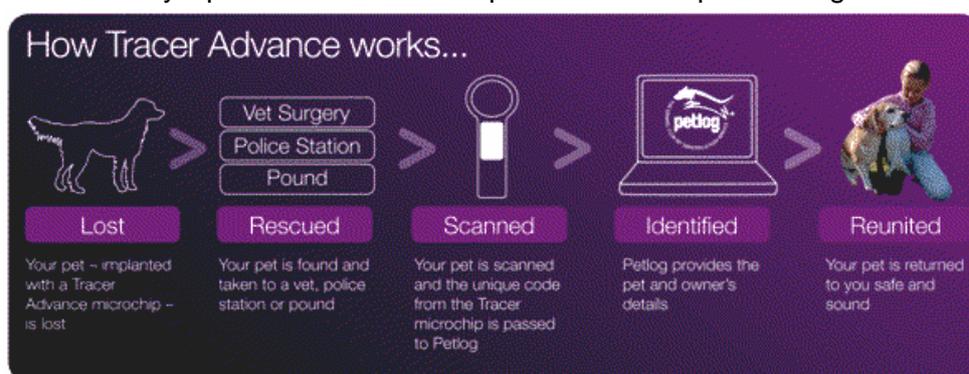


MICROCHIP

It is a legal requirement for your puppy to have a collar with an ID tag as identification. An ID tag should have your surname (ideally not your dog's name), your address and a contact telephone number.

It is a legal requirement to also have your dog microchipped. All puppies must be microchipped by 8 weeks old. A microchip is easily implanted under the skin between the shoulder blades and is very quick. The microchip holds a unique 15 digit number, identifiable

only to your dog. A national database holds all your details and your dog's details against this number. We use Tracer Advanced microchips and



they are registered with Petlog, the UK's largest database. If your dog was to go missing and was taken to a vet, dog warden or rescue society, they would be scanned with a universal microchip scanner and their unique number will be displayed. One of the national databases would be contacted and you and your dog will be reunited as quickly as possible.

Once a chip is implanted in your dog, you are responsible for keeping your contact address and telephone numbers up to date. It would be very distressing for you and your pet if they were to go missing and you were unable to be traced as the owner. You would be unable to be reunited with your dog quickly, if at all. Petlog offers an upgrade service where you pay a one off amount and you can change your details as many times as you need to (this service is otherwise charged for) for the life of your pet.

Your puppy can have a microchip implanted at any time but they should come from a breeder with one already in place and registered. There are a few occasions when a puppy may not come with one, usually if it is a tiny breed where it may actually be dangerous to implant before leaving the breeder or



currently a small number due to COVID restrictions. The microchip is implanted using a reasonably sized needle and some puppies will feel the injection, even if they didn't seem to mind their vaccinations. The injection will take only a few seconds and is quickly forgotten by the puppy. Microchipping your dog gives you the best chance of being reunited with your beloved pet if the worst does happen.

PET INSURANCE

We never expect our pets to get sick, but unfortunately they do and some seriously. Will you be able to afford hundreds or thousands of pounds if your pet becomes ill or has an accident?

The best way to ensure you have peace of mind is to take out pet insurance. Then if something does happen your pet can get the best possible treatment without you having to consider if you can afford it first. You are hopefully going to have your pet insured all their life, so finding the right insurance now will certainly pay off, especially as your pet gets older. Remember, some illnesses are for life so make sure your pet is covered year after year.

There are three types of cover:

All policies insure your pet for new injuries and illnesses. This means any illness or injury before you take out insurance is not covered.

(1) Time Limited Policies (Usually 12 months)

- There are two parts to these types of policies
 - A fixed sum to cover your pet for treatment of each illness or injury
 - A set time period for which treatment of each illness or injury will be covered. Policies generally cover the cost of treatment for your pet for 12 months from the start of that illness or injury as long as the policy remains in force. The time limit does not relate to the policy but to the amount of time you are able to claim for treatment.
- When the set period has ended, or the fixed sum of money for a particular illness or injury has been reached (whichever comes first) your pet will not be covered for that condition for the rest of the insurance policy duration.
- Many of these policies apply the limits to all occurrences of an illness or injury. For example, if the same illness or injury happens in the other leg, ear or another lump and the 12 month period for the first episode of the illness or injury has ended or the maximum sum of money has been reached, your pet will not be covered for this further episode. Insurances see these as recurring conditions related to the previous one so will treat as one condition for the duration of the insurance policy.

(2) Maximum Limit Policies (also known as money limited or per condition)

- These policies provide a fixed amount of money for each illness or injury to help pay for your pets treatment for as long as the money lasts. Your pet is covered until the maximum amount has been spent, as long as the insurance policy remains in force. There is no time limit on reaching the amount. Once the full amount of money has been spent, the treatment will not be covered again.
- If you pet has received treatment for a particular illness or injury which then appears in another part of the body at a later date ie. different leg, other ear, lumps many maximum benefit policies view it as the same condition. This means the maximum amount of money will be available once, not each time your pet has the illness or injury, even though it is another part of the body. Insurers see these as recurring conditions related to the previous episode so will treat as one condition for the duration of the policy.

(3) Lifetime Policies (also known as lifelong or covered for life)

- Your pet is covered up to a set amount each year for as long as you continue to renew the policy. If the overall limit is reached during the policy year, your pet will

not be covered for any further treatment required during that year. Each time you renew your policy the full amount becomes available again.

- Some of these policies will specify a set amount to be paid for each illness or injury during the year. If the limit for a specific condition is reached in the policy year, no further claims for this treatment will be paid that year.

Please read the policy summary carefully as some breeds, genetic or hereditary diseases and certain conditions are excluded.

It is also important to note how much the fixed excess will be. This is the part you have to pay before the insurance will start paying out. The fixed excess usually increases as the pet ages and a percentage excess is also deducted for each claim made as well.

Get your puppy insured as soon as possible. Most reputable breeders will send your puppy home with 4 weeks free insurance with a company of their preference. It is up to you to either continue this or search around if this cover doesn't seem adequate. These usually cover the puppy for illness or injury as soon as the puppy comes home but if your puppy doesn't come with this then a new insurance policy usually excludes any illness and injury for at least the first 14 days, and sometimes 28 days from when you sign up for the insurance, so the earlier you insure the better!

Examples of costs for common problems:

Pet	Type of Illness/Injury	Cost
All based on a 25kg dog	Arthritis/Degenerative Joint Disease - medical management after diagnosis (Common between ages 7-16years)	£800-£2500 per year
	Dermatitis (Skin problems)	Average cost £80 - £350 per treatment
	Growth/Tumour	Average cost £800 per lump, increasing to £4,000+ if referral and chemotherapy required
	Road Traffic Accident	Total could be in excess of £6000

Pet Health Plans

Pet health plans help you spread the cost of preventative health care such as vaccinations and flea treatment and give you discounts on things that pet insurance doesn't cover. These plans go alongside pet insurance, they do not replace it.



Our VIP Pet Care Plans offer easy to afford direct debit payments, spreading the cost over 12 months. They cover:

- Vaccinations - These are a vital part of preventative health care. We even include your puppies primary vaccine course
- Parasite protection - This includes both flea and worm protection for 12 months. All pets are at risk of catching these (yes even indoor pets) but, our VIP members get this included on the plan
- Free microchip (if your pet isn't already done)
- Savings on consultations, neutering, dental procedures and selected long term medications for expensive chronic conditions

Plans

Small dog (up to 10kg adult body weight)

- £12.50 per month

Medium dog (10-25kg adult body weight)

- £14.50 per month

Large dog (25-40kg adult body weight)

- £17.50 per month

Extra Large dog (40kg + adult body weight)

- £23.00 per month

It's quick and easy to sign up so start saving money today! Ask us for a leaflet or go to our website to see how much you can save.



DIET

This is an important part of puppy care. Getting your puppy onto a good quality diet will help them grow into a healthy and contented dog and keep them with you for many years to come.

A decision needs to be made as to how you want to feed them. Do you want to feed them only dry food, dry and some canned or all canned? This will all depend on your preference. Dogs really don't mind as long as they get fed! Some people may also consider raw feeding but we do not advise this.



We recommend diets by Royal Canin, James Wellbeloved and Burns. These are easily digested and lead to very few tummy upsets. James Wellbeloved and Burns diets are hypoallergenic foods and have one protein and one carbohydrate source. These can be very beneficial for some breeds that are more prone to skin problems as you know exactly what ingredients you are feeding. James wellbeloved have puppy, large breed puppy and junior large breed puppy as large breeds need a gradual transition to adult food as are growing for longer. Royal Canin

puppy foods are designed to be easily digested by puppies and are designed for the size and breed as well. These can be beneficial to puppies that may struggle with certain types of kibble, get upset stomachs easily or need added joint health for large breed puppies.

Make sure the food you buy is a complete diet and designed for puppies. A complete diet ensures your puppy gets all the nutrients they need without you having to worry about feeding them different foods to keep them healthy. Puppy diets are formulated with higher energy requirements and added vitamins and minerals for optimum growth. Puppies do not need vitamin or mineral supplements added to their diet if they are fed a good quality complete diet. Doing this will cause problems.



Your puppy should be feed four times a day when you first get them at 8 weeks old. This can then gradually be reduced to three times a day from 16 weeks and to twice a day from 6 months for small to medium breed dogs and 8-10 months for large and giant breed dogs.

We are often asked how much should a puppy be fed? There isn't a quick answer to this and depends on what puppy food you have decided on. They all have different calorie amounts and every puppies metabolism is different. The foods that we advise, have good puppy feeding guides that are easy to read and if fed correctly will be a good starting point. Also remember that any food given such as treat

alongside main meals add to the calories the puppy takes in. Every puppy needs regular weight checks to ensure the amount of food is right for them. It is far easier to stop excessive weight gain if caught early and feeding amounts and exercise are adjusted when young.

Your dog's baby teeth will fall out from about 5 months, being replaced by their adult teeth. Their teeth need looking after the same way we would look after our own. Get your puppy used to having your hands on their gums from an early age. This way you will be able to brush their teeth with a child's tooth brush and doggie tooth paste, at least 3 times a week (Ideally every day!) when their adult teeth come through. Buying special dental biscuits are



the next best thing and can be purchased from your vet. These act like a toothbrush and help to remove plaque left on teeth. You can also offer them dental chews (once they have all their adult teeth, before this can lead to problems). These work in a similar way as the biscuits. Dogs sometimes enjoy these more as they think they are a special treat. Looking after their teeth now will help you keep their mouth healthy, pain free and vet bills down in the future.

Neutering

Once your pet turns 6 months (depending on breed) you need to start considering getting them neutered. In bitches (female) this is a surgical day procedure and is called a spay. In dogs (male) this can be a surgical day procedure called castration or an implant placed in the scruff of the neck that is a chemical castration that is reversible after a certain period of time. The chemical castration is not suitable for all dogs but can be a useful tool for some.

- Castration is the removal of the testicles of the male dog.
- Spaying is the removal of the ovaries and uterus of the female dog.

Benefits of neutering for female dogs

- Female dogs usually come into season for about 3 weeks, twice a year. Around this time they can get pregnant and normally will produce a bloody discharge. Whilst in season they may act strangely by trying to run away in search for a mate so will need to be kept away from male dogs. Neutering avoids the inconvenience and mess of having seasons.
- Pregnancy and giving birth can be a health risk by putting your dog at risk of complications. Dogs can suffer from phantom pregnancies which can cause both behavioural and health problems.
- Neutering can prevent some cancers and womb infections (pyometra) which can be very expensive to treat and potentially fatal.
- Unneutered female dogs are at a higher risk of developing mammary tumours.

Benefits of neutering for male dogs

- Neutering can prevent behavioural issues such as scent marking and straying.
- Neutered males may be less likely to show aggression towards other dogs or be the target of aggression from other dogs.
- Neutering stops the chance of developing testicular cancer but can slightly increase the risk of prostatic cancer in later life
- Male dogs' behaviour can also change greatly when a local bitch is in season – they may be desperate to escape, even running into busy roads or jumping from high windows – to find a mate.

All surgical neutering is carried out under a full General Anaesthetic.

BEHAVIOUR

Preventing the development of behaviour problems is a vital part of caring for your puppy.

Exposing your puppy to a wide range of people, animals and experiences increases the likelihood of having a confident, well adjusted, sociable family pet.

You can start basic training with your puppy as soon as they arrive home. Helping them learn the basics now will help both you and your dog when you attend puppy socialising classes. Remember to make each situation enjoyable by using treats or toys as a reward. You can start looking for a class before you get your dog. Attending a few different classes now will help you decide which trainer's methods you are happiest with. If you don't take your dog you are least likely to feel like you have to sign up if you are unhappy with their training.

We advise you have a look on the Association of Pet Dog Trainers (APDT) website. All the dog trainers sign to say they use reward based training only. They do not use shock collars, choke chains, pebble tins, or water as punishment for doing a command wrongly.

We advise you DO NOT use any techniques used on TV programmes without consulting a qualified dog trainer first.

USEFUL WEBSITES:

www.royalcanin.com

www.wellbeloved.com

www.burnspet.co.uk

www.apdt.co.uk

www.thekennelclub.org.uk

www.petlog.org.uk

www.pfma.org.uk

www.mypetandi.bayer.com/uk

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