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PUPPY/DOG CARE RECOMMENDATIONS

Vaccinations: Continue vaccinations every 3-4 weeks until 16 weeks old. The final 2 boosters should be given after 12 weeks of age to ensure a strong immune response.

Internal Parasites:

- Puppies should be routinely dewormed every 2- 4 weeks for at least 4 treatments to eliminate common internal parasites. Please give the Strongid dewormer as prescribed.
- Please bring a fecal sample in the coming week for analysis to ensure all parasites are being treated.

Nutrition: We recommend Hill's Ideal Balance or another high-quality puppy food. Feed measured quantities three times daily to maintain lean body condition (Can transition to twice daily feeding at 4-months of age). Adjust food to keep puppies in lean-body condition throughout their growing stage. This will help prevent adult obesity and is critically important in minimizing joint problems in large-breed dogs.

Flea/Parasite Control: We recommend monthly oral administration of [Credelio](#) year-round to prevent flea and tick infestations. In addition, all dogs should be given monthly [Interceptor Plus](#), which treats many internal parasites and prevents heartworms. A fecal analysis should be performed annually to detect the presence of other less common parasites along with Giardia and Coccidia, which are not treated by use of prevention products and are present throughout our region.

Spaying/Neutering:

- Veterinarians have recommended for decades that dogs be spayed/neutered at 5-6 months of age, just before they become sexually mature. This prevents unwanted breeding, behavioral problems associated with puberty and hormone production, and eliminates the chance of breast cancer in female dogs.
- Recent studies suggest that neutering large-breed dogs before 12 months of age may increase their risk of skeletal/joint problems, and slightly increase the risk of some cancers later in life. More statistics are needed, but at this time we recommend considering delayed neutering large-breed male dogs (expected to reach an adult weight of 60 pounds or more) until 12-18 months of age IF the following criteria are met:
 - The dog is adequately confined to prevent unwanted breeding and “roaming”
 - Unwanted behavioral problems (urine marking, aggression, “humping”) do not become apparent.
- We continue to recommend spaying female dogs at 5-6 months of age. While the data concerning early neutering also applies to female dogs, other risks of not neutering (increased incidence of mammary cancer and the challenge of maintaining a female dog in heat) continue to favor early spaying at this time.

Dental Care: Healthy adult dogs should receive their first prophylactic dental cleaning starting at 3 years of age for small breeds and 4 years for medium and large breeds.

Permanent Identification: We recommend that a microchip be placed under your pup's skin to help ensure that she is rapidly returned to you if ever lost. This can be done at the time of spaying/neutering if being done at 5-6 months of age, or can be done at one of the early puppy visits in animals where neutering is going to be postponed.

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Behavior:

House Training: Take your puppy out frequently (especially after meals) and praise urination/defecation outside. Puppies need to be *CONSTANTLY* monitored indoors and corrected if they eliminate in your sight indoors (scolding for an accident out of your sight simply doesn't work). For this reason, puppies should have no unsupervised time indoors until they have been reliably eliminating outdoors for at least 1-full month. When you can't immediately supervise your pup, it should be confined to an area easily cleaned.

Chewing/Biting Behavior: Puppies need to chew and should be given appropriate chew toys (large/sturdy enough that they are not swallowed!). If your puppy is biting you, tell him, "OW!! No Biting!", and briefly end all play/interaction. Then return with an appropriate chew object

Socialization: Provide lots of opportunity for positive socialization, but stay away from dog parks, trails, and other areas where dogs frequent until your pup has received his last vaccines.

Note that we strongly encourage you to take your puppy to a "Puppy Classes" for training help and to allow socialization.

Pet Health Insurance: Now is the time to investigate Pet Health Insurance if you have any interest, before your puppy develops any pre-existing conditions, which are excluded from coverage "life-long." The website, petinsurancereview.com is an excellent resource to investigate insurance options.



FVH Additional Recommendations

- Nutrition is one of the most key elements of a pet's good health. We recommend a quality balanced diet be fed based on your pet's recommended ideal body weight established by your Veterinarian. Dogs may be fed dry or canned as desired and the total recommended daily volume may be broken up into multiple meals. Cats may be fed dry or canned, but we do encourage those cats receiving dry only to also be offered some canned each week. This can be important as many senior cats may require a change to a canned diet as they age. Fresh water should always be available. Calorie content of treats should be factored into total daily intake; if desired, you may wish to hold aside a portion of the daily feed and give as a treat. Maintaining the ideal weight is important in preventing diseases associated with obesity such as arthritis, heart disease, and diabetes.

For additional recommendations on quality diets available for your pet, we trust the Pet Stop, located in Sehome Village, to guide your decision-making process. Our LVT staff would be happy to review any diet you currently feed for nutritional quality, balance, and volume to feed.

- Training and socialization are very important to the well-being of your dog at any age. [Embarking Dogs](#), [Tails-a-Wagging](#), [Nichols Dog and Animal Training](#), and [Confident Canine Puppy Training](#) are all aversive free, positive reinforcement trainers providing comprehensive puppy and adult dog training. Check out our [website](#) for other recommended trainers who use positive, reward-based training methods congruent with our Fear Free mission.
- Undesirable behavior issues in dogs and cats can occur at any age and may be very frustrating to an owner. Often, we can offer recommendations for altering behaviors through a consultation with our doctors or licensed veterinary technicians. Our recommendations for training systems and guides can be found through Dr. Sophia Yin's veterinary behaviorist website at www.drSophiaYin.com. Please also check out fearfreehappyhomes.com for information on understanding your pets' body language, behavior, and other tips. Free and paid subscriptions are available.
- **Why buy your prescription drugs and flea medications from Fairhaven Veterinary Hospital?**
 1. FVH purchases all our drugs and prescription flea products directly from the manufacturer. Online pharmacies often get their product through diversion from domestic or foreign sources. Proper handling of product while in the possession of diverters cannot be guaranteed.
 2. FVH will not sell expired medications. Some online pharmacies have been found to sell outdated or short dated product.
 3. Manufacturers will only guarantee certain products in the event of an adverse reaction when purchased directly from a licensed veterinarian. Pharmaceutical manufacturers strongly believe their products will be used correctly only when discussed with trained veterinary staff. Human Pharmacies and online retailers do not have pharmacists trained in veterinary pharmacology; they are unfamiliar with how very different companion animals are from human patients.
 4. FVH is a family-owned business that has been a proud member of the local community for 40+ years. We provide local jobs, maintain high ethical standards, support many local non-profits, and work to create a client focused experience based on compassion.



FVH GENERAL CARE GUIDE

Species	Age	Recommendations
Feline Kitten	< 1 year	<ul style="list-style-type: none"> • Exam series (2) to assess proper development starting at 7-8 weeks of age. • Initial Feline Leukemia/FIV Blood Testing. • Fecal parasite analysis at first visit and again at 6 months. • Deworm 2, 4, 6 and 8 weeks of age; then monthly until 6 months of age. • Initial vaccine series based on risk assessment; complete by age 4-6 months. • Spay/Neutering at 5-6 months of age. Implant microchip identification. • Feed high quality kitten food until first birthday.
Feline Adult	1-10 years	<ul style="list-style-type: none"> • Wellness exam once yearly. • Vaccine boosters based on risk assessment to include rabies by law. • Feed high quality adult diet and carefully regulate portion fed to maintain ideal weight. • Dental prophylactic cleanings every 18-24 months after 4 years of age. • Fecal parasite analysis yearly or as needed if indoor only.
Feline Senior	>10 years	<ul style="list-style-type: none"> • Senior Wellness exam every 6 months. • Vaccine boosters as indicated or discontinue based on risk assessment. • Full body system blood screen every 6-12 months. • Feed high quality senior formula or prescription diet as indicated and regulate portion fed to maintain ideal weight. • Dental prophylactic cleanings every 18-24 months. • Fecal parasite analysis/deworm yearly or as needed if indoor only.
Canine Puppy	<1 year	<ul style="list-style-type: none"> • Exam series (2) to assess proper development starting at 7-8 weeks of age. • Fecal parasite analysis at first visit and again at 6 months of age. • Deworm 2, 4, 6 and 8 weeks of age; then monthly until 6 months of age. • Initial vaccine series based on risk assessment; complete by age 4-6 months. • Spaying at 5-6 months of age. Neuter males <60 pounds 5-6 months; >60 pounds 12-18 months. Implant microchip identification. • Feed high quality puppy food until 1-1.5 years based on breed. • Enroll in puppy training and socialization classes starting at 9-14 weeks.
Canine Adult	1-7 years	<ul style="list-style-type: none"> • Wellness exam once yearly. • Vaccine boosters based on risk assessment to include rabies by law. • Feed high quality adult diet and carefully regulate portion fed to maintain ideal weight. • Dental prophylactic cleanings every 18-24 months after 4 years of age. • Fecal parasite analysis and heartworm antigen blood test yearly.
Canine Senior	>7 years	<ul style="list-style-type: none"> • Senior Wellness exam every 6 months. • Vaccine boosters as indicated or discontinue based on risk assessment. • Full body system blood screen every 6-12 months. • Feed high quality senior formula or prescription diet as indicated and regulate portion fed to maintain ideal weight. • Dental prophylactic cleanings every 18-24 months. • Fecal parasite analysis and heartworm antigen blood test yearly.



FVH Parasite Detection and Prevention Guidelines

- **DETECTION (Fecal microanalysis and blood testing)**
 - Puppies and Kittens- Fecal test at initial visit and again at 6-18 months of age.
 - Adult Dogs and Cats
 - Annual fecal analysis for all feline and canine patients.
 - Annual heartworm antigen blood test for canine patients starting at 1-year of age.
 - Fecal performed whenever abnormal feces or unexplained weight loss present.
 - Dogs that frequent a boarding kennel, play facility or dog park should be fecal tested regularly or as required by the organization.
 - Cats and dogs on parasite prevention products should still be fecal tested annually to detect Giardia, Coccidia, and other less common parasites that are not cleared by current prevention products.
 - Clients should provide a fresh sample in a baggie or small container; generally, a 3oz. sample is sufficient. Results are available within 24-48 hours.
- **PREVENTION (Deworming and Parasite Prevention Products)**
 - Puppies and Kittens
 - Prophylactic deworm at 2, 4, 6 and 8 weeks of age, then deworm monthly until 6 months of age.
 - Adult Dogs and Cats
 - Year round use of parasite prevention products are recommended for all dogs ([Interceptor Plus](#)), outdoor cats, and indoor-only cats that live in a household with dogs or young children ([Revolution Plus](#)).

Common parasites to our area:

- **Fleas/Ticks**- Treat monthly with [Credelio](#), orally (Dogs) or [Revolution Plus](#), topically (Cats). Pets should be treated year-round since our winters are not harsh enough to suppress flea and tick populations. Infestation may lead to allergic dermatitis, anemia, itching and, in rare cases, serious disease for companion animals. Severe infestation may also require treatment of environment.
- **Heartworm**- Heartworm is a serious disease that results in severe lung disease, heart failure, other organ damage, and death in pets, mainly dogs, cats, and ferrets. It is caused by a parasitic worm called *Dirofilaria immitis*. The worms are spread through the bite of a mosquito. Climate change is increasing the potential for heartworm in the Pacific Northwest.
- **Roundworms**- Primary route of infection is via mother at birth, direct ingestion via the environment or ingestion of infected vertebrate host. Can occur in cats throughout life, but less common in adult dogs. Children and individuals with suppressed immune systems at higher risk for transmission and can lead to serious medical disorders.
- **Coccidia**- Protozoa with primary route of infection coming from contaminated environment or ingestion of contaminated host; People are not considered at risk for transmission. To prevent do not allow ingestion of wild animals and solicit only properly cleaned pet facilities.
- **Tapeworms**- Various species are prevalent and infection typically via ingestion of fleas or contaminated host. Can be a zoonotic, although rarely causes serious human medical concerns.
- **Giardia**- Differing forms affect cats, dogs and people with transmission between groups not currently demonstrated. Infection is through direct fecal-oral contact with cysts or contaminated water source/environment.
- **Toxoplasmosis**- A very serious zoonotic disease transmitted through the feces of infected cats to humans. Prevention in cats is best achieved by not allowing hunting of wild animals that may be infected, ingestion of raw or undercooked meat, and daily removal of feces from litter box. Pregnant women and immunosuppressed individuals should avoid cleaning of litter boxes and wear gloves when gardening to avoid exposure to cat feces. Additional information available at www.capcvet.org.

Fairhaven Veterinary Hospital Parasite Prevention Recommendations

Cats



- **Best product available for cats.** Prescription only with current exam.
- Prevents and treats fleas, roundworms, and ear mites. Prevents heartworm.
- Topical dries very quickly and remains effective for 1 month.
- FDA approved product; High safety margin. May be used in kittens starting at 8 weeks of age.



- OTC topical with fast flea killing action. Recommended for cats with flea allergy dermatitis (FAD).
- Maintains efficacy for 1 month.
- Safe, natural organic ingredients.
- Excellent for use around children.
- High safety margin.

Dogs



- **Best product available for dogs.** Prescription only with current exam.
- Prevents and treats fleas and ticks.
- Highly palatable hydrolyzed beef flavored tab. Ok for food allergy patients.
- Fast flea killing action, >99% of fleas killed within 8 hours.
- Maintains efficacy for 1 month. FDA Approved; High safety margin.
- Safe in puppies 8 weeks of age and weighing >4.4 pounds.
- Must be administered with food for maximum efficacy.



- **Best product available for dogs.** Prescription only with current exam.
- Treats roundworm, hookworm, whipworm, and tapeworm infestations.
- Prevents heartworm when used year-round.
- Highly palatable chicken flavored chew. Not recommended for food allergy patients.
- Safe in puppies 6 weeks of age and weighing >2 pounds.
- FDA Approved; High safety margin.



- OTC with fast flea killing action within 30 minutes of ingestion.
- Maintains efficacy for 1 month.
- Safe, natural organic ingredients.
- Administered orally with no topical residue; excellent for use around children.
- FDA approved product; High safety margin.