



Groupe Vétérinaire MONVET Inc.

PUPPY GUIDE



MEDICAL CARE

Vaccination

The basic vaccine

It protects against the following diseases:

Distemper

- Transmission through air.
- Affects the eyes and the respiratory, digestive, urogenital and neurological systems.
- Hospitalization often necessary.
- 50% mortality.

Adenovirus type 2

- Transmission by contact with saliva or with stool.
- Affects the eyes and the respiratory and digestive systems.
- Hospitalization often necessary.
- Possible mortality.

Parvovirus

- Transmission by contact of stool with the mouth.
- Affects the digestive and immune systems.
- Hospitalization often necessary.
- 30% mortality, despite treatment.

This vaccine is necessary for all dogs.

First vaccination at 8, 12 and 16 weeks of age.

Dogs at least 12 weeks of age need only 2 doses of vaccine, one month apart.

Annual boosters thereafter.



Lyme disease

- Transmission by ticks.
- May affect the joints, kidneys, nervous system and heart.
- Symptoms appear 2 to 5 months after infection.
- 90 to 95% of dogs with Lyme disease have no symptoms.
- Dogs can transmit ticks to humans, not Lyme disease.
- Ticks are active as soon as it is over 0 °C, so early in the spring until late in the fall.
- Migratory birds, small mammals and deer carry the parasite on them.
- The disease is identified with a fast in-house test.
- Tick control + vaccination = the best protection against the disease.



Leptospirosis

- Transmission by ingestion of water contaminated with infected urine from wild animals or infected dogs.
- Mostly affects the liver and kidneys.
- Hospitalization often necessary.
- Potentially fatal.
- Transmissible to humans.

Lyme and leptospirosis vaccines are recommended for all dogs.

First vaccination at 12 and 16 weeks of age.

Annual boosters thereafter.

MEDICAL CARE

Kennel cough (Bordetella)

- Transmission through air.
- Affects the respiratory system.
- May require medication.
- Vaccine generally required for boarding and for group sessions training.

Vaccination recommended for dogs that come in contact with many other dogs (boarding, groomer, dog park, etc.).

First vaccination starting from 8 weeks of age.

Oral or nasal vaccine administered annually.

Injectable vaccine: 2 doses, 1 month apart the first time, then annual boosters.

Rabies

- Transmission mainly through bite wounds.
- Affects the nervous system.
- Symptoms may appear several months after infection.
- Transmissible to humans.
- Fatal. No treatment available.

Routine vaccine for all dogs.

First vaccination at 12 weeks.

Annual booster at first, then every 3 years.



Deworming

- Most dogs infected with worms show no symptoms.
- Parasites weaken dogs.
- Many dogs are born with worms caught from their mothers.
- Several parasites are contagious to humans.

Deworming schedule

We recommend deworming puppies against intestinal worms at 2, 4, 6 and 8 weeks of age, then once a month until they are 6 months old. All dogs should also be treated against worms and skin parasites every year between March and November.

Several safe and effective products are available to kill your puppy's parasites and prevent him from catching them. Your veterinarian will prescribe the parasite control medication that is best suited for him. Do not hesitate to consult with him or her.



MEDICAL CARE

Sterilization

All dogs living in Montreal and Laval have to be neutered.

In males, we recommend performing the procedure between 8 and 10 months old for small breeds, between 10 and 12 months old for medium breeds and between 12 and 14 months old for large breeds.

In females, the procedure is recommended about 2 to 3 months after the first heat.

Advantages:

- Population control.
- Prevention of behavioural problems (marking, fights, aggression, wandering).
- Prevention of certain diseases. For example, pyometra (infection of the uterus) and mammary cancer.



Surgical options

Surgical laser

We prefer using the surgical laser, rather than the scalpel blade, to perform many surgeries, including sterilization. Indeed, the laser reduces pain, bleeding, swelling and the risk of surgical wounds getting infected.

Anesthetic safety

There are many ways to safely anesthetize your pet. Here are 3 of them:

- **Preoperative blood test.** It informs us about how the organs that eliminate anesthetic drugs are doing. It also helps identify the presence of diseases that can increase the risk of complications during anesthesia.
- **Intravenous catheter.** It provides a venous access at all times so we can give medications quickly in case a complication occurs.
- **Intravenous fluids.** They help keep blood pressure normal so that blood flows well through all the organs. They help eliminate anesthetic drugs faster.

Hip dysplasia

Hip dysplasia is an inherited disease that mainly affects large breed dogs' hip development. Osteoarthritis and lameness usually appear eventually.

To diagnose this condition, we need to take x-rays under general anesthesia. Two methods exist: the PennHIP method and the traditional method. Both assess hip conformation and the presence of osteoarthritis lesions.

MEDICAL CARE

In addition, the PennHIP method evaluates if the joints are too loose and to what degree. With this information, we can predict the risk that dogs will develop osteoarthritis later on: the looser the joints, the higher the risk. This test can be done as soon as the puppy is 4 months old, unlike at 2 years old with the traditional method.

We recommend the PennHIP method for early diagnosis and rapid intervention. With the right treatment, we might be able to delay or slow down the deterioration of the joints. Some treatments can even completely prevent it.

Gastric torsion

Large breed dogs with a narrow and deep rib cage sometimes experience gastric torsion. This term means that the stomach turns on itself. When this happens, the gas remains trapped in the organ and the blood can no longer circulate in its vessels. Consequently, the gas stretches the stomach, the organ's cells die and toxins invade the blood system. The animal dies quickly if his stomach is not put back in its place as soon as possible.

In an attempt to prevent gastric torsion from occurring in at-risk dogs, it is recommended that preventive gastropexy be performed. This surgery involves fixing their stomach to the abdominal wall to keep it from turning. In females, we take advantage of the fact that their abdomen is open during sterilization to perform the gastropexy.

How to give oral medicine to puppies

Sooner or later, your dog will need to take oral medication. Whether it is a dewormer to prevent him from catching worms, a pain reliever to eliminate the pain following his neutering or any other medication to treat an illness.

It is sometimes difficult to give dogs oral medications. To make it easier, Pill Assist® can be used. These are holed soft cookies into which a tablet or capsule is hidden. Their good taste hides the medicine's.

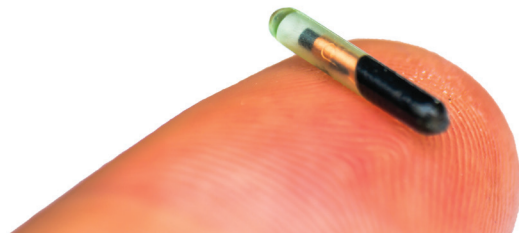
If your dog refuses to eat the Pill Assist®, you will need to place the medication directly into his mouth.

Microchip

Have you ever seen the picture of a lost animal posted on telephone poles in your neighborhood? To reduce the risk of this happening to you, we recommend that you have a microchip installed.

It is an electronic chip that is inserted under his skin and which contains all the information necessary to identify him and return him quickly home.

Since January 2020, it is no longer just a recommendation, but rather an obligation for all dogs living in Montreal and Laval.



MEDICAL CARE

Health insurance

Did you know that private health insurance exists for dogs? We recommend that you subscribe to such a plan for your puppy, in order to ensure his health and your peace of mind. That way, when he'll need veterinary care, you will be able to let us to give it to him without worrying about being able to pay for it or not.

Several companies offer health insurance plans tailored to everyone's needs. By consulting the Internet, you will easily find their contact details.



How can you protect yourself from Lyme disease?

Unfortunately, there is no vaccine against the disease available for humans. To avoid catching it, you need to protect yourself from ticks.

Here's how:

- Give your dog an effective anti-tick medication from spring to fall;
- Look for ticks in his coat after each outing and remove them manually;
- Mow the lawn often;
- Avoid attracting migratory birds with bird feeders;
- Wear long sleeves and pants for walking in the woods;
- Wear gloves for gardening or working in the backyard;
- Look for ticks on your skin after doing these activities.

Lyme disease in humans

In recent years, an increasing number of cases of Lyme disease has been reported in humans. Several reasons can explain this observation:

- Ticks are endemic in Montérégie, meaning that they are permanently occupying the territory.
- Ticks are no longer found only in wooded areas. They can be found anywhere, especially in tall grass and dead leaves.
- Symptoms are recognized for what they are and are no longer automatically attributed to the flu. There is fever, joint pain and swelling, fatigue and headache. Neurological signs may also be present.



BASIC CARE

Mouth

Good dental hygiene is part of your healthy lifestyle, right? The same should apply to your puppy.

To keep his mouth healthy, you should:

- **brush his teeth** daily with toothpaste made for animals. Pet toothpaste is not toxic when swallowed. In addition, it contains enzymes that continue to break down plaque between brushings;
- **feed him** dental food which cleans the teeth with each bite. Wait until he is an adult before offering it to him;
- **use ancillary products** that help freshen breath and soften tartar. Ancillary products include some treats, liquid water additives, dental gels, enzymatic products and chewing strips.

Claws

Dogs' claws should be kept short, otherwise locomotory problems (e.g. tendinitis) may develop. You need to trim your puppy's claws regularly, about once a month. If you wait too long between cuts, the veins and nerves inside the claws will have grown too and you will no longer be able to keep them short.

To get your puppy used to it, start as soon as possible. At first, cut just one claw each day. Praise him and give him a treat immediately after. Then gradually increase the number of claws you will cut.



BASIC CARE

Ears

It is important to look inside your puppy's ears often and to clean them regularly. Once every two weeks is often enough for ears that appear clean. In the presence of secretions, do it at least once a week.

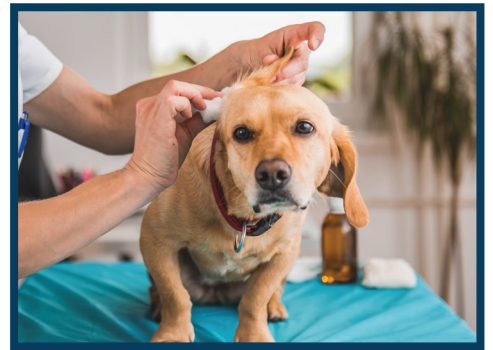
Here's how to clean them properly:



Hold the ear with one hand, then pour the liquid into the ear with the other hand.



Massage the ear from bottom to top.



Remove the secretions with a cotton ball or other.

Never clean the ear canal with a cotton swab (Q-tip®) because you could push the secretions even further down and damage it.

If there is redness, pain, swelling or a bad smell, in addition to the secretions, consult a veterinarian.

Unless the veterinarian recommends it, do not pluck the hair in his ears. It could cause inflammation and an ear infection.

Eyes

Some dogs have transparent or rust-colored discharge from the eyes. These are normal. Just remove them with a wet wipe designed specifically for this purpose.

If your puppy's eyes are red and swollen, that there are yellow or green secretions, that he rubs his eyes or that he keeps them closed, then you should consult a veterinarian.



BASIC CARE

Nutrition

Food

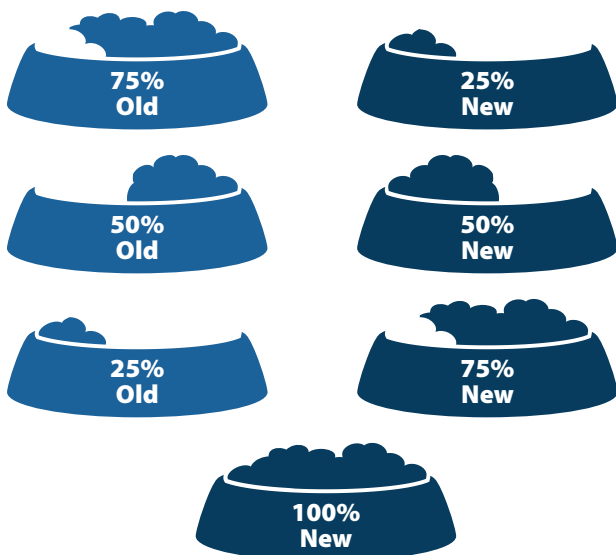
Generally, dogs should eat puppy food up to:

- 8-10 months old for small breeds;
- 10-12 months old for medium breeds;
- 12-14 months old for large breeds;
- 14-16 months old for giant breeds.

One of our animal health technicians can measure for you how much food your puppy should eat each day. He or she will take into account his breed, his lifestyle and his activity level.

When introducing adult food, proceed gradually. This is less likely to cause gastrointestinal upset. For the first 2-3 days, offer 75% of the old food in a bowl and 25% of the new food in another bowl. For the next 2-3 days, offer 50% of one and 50% of the other, and so on.

Use stainless steel, ceramic or glass bowls. Unlike plastic, these materials are hypoallergenic and do not retain bacteria.



Interactive feeders

Interactive feeders are special "bowls" into which food is hidden. Dogs must "work" to access and eat it. In addition to entertaining them, these feeders:

- make them exercise;
- help their digestion because they force them to eat more slowly;
- stimulate their intellectual faculties: they must find a way to reach the food;
- prevent too much sugar from accumulating in their blood at once, after a meal.

Water

Your puppy should drink lots of water to stay well hydrated. Make sure he has access to fresh water at all times, except while you are housetraining him. During this training, certain water restrictions are mandatory.

Water fountains are very useful to fill their water needs. First, the water stays fresh because it is always in motion. Also, it gets oxygenated and tastes better because it is in contact with air over a large area.

If necessary, try these other tips to stimulate him to drink more water:

- Feed him wet food.
- Serve the water in a stainless steel, ceramic or glass bowl.
- Change the water and wash the bowl daily.
- Place several bowls of water in different places in the house.
- Offer spring water instead of tap water.
- Add ice cubes to the water.



BASIC CARE AND BEHAVIOUR

Bath

It is best to limit the number of baths to one per month to avoid drying your puppy's skin. Use shampoos designed for animals that have a soothing effect (e.g. oats).

After each bath, clean his ears with a drying solution. This will remove any water that may be there and help prevent ear infections.



Anal bags

Anal bags are small pockets located on either side of dogs' anuses. They normally fill up continually with secretions, then empty outside when stool pass.

Sometimes, the secretions get stuck in the bags and stretch them. That causes itching: dogs rub their butts on the floor and/or lick their anus. When the bags are full, some secretions can exit by themselves: their rotten fish odor is unmistakable.

If you notice those symptoms, make an appointment with one of our Animal Health Technician to have your dog's anal sacs emptied. Otherwise, the secretions might get infected and cause an abscess.

Adapt the environment to the puppy

Changing environments and meeting new people and other animals can be very stressful for some puppies. If you feel that yours does not feel completely at home yet, you can help him get there.

Here's how to reduce his stress:

- Use Adaptil®. This product contains soothing pheromones. It is available in the form of a diffuser, a spray or a necklace impregnated with the product.
- Avoid long car trips during rush hour when you may be less patient than usual.
- Reserve places for him to eat, drink, sleep or just rest without being bothered.
- Provide him with a peeypad to urinate and defecate on if this is what he is used to.

The whole family, including children, must observe certain safety rules. To avoid unfortunate incidents:

- Do not pet the puppy when he is in his reserved area. This is where he will want to take refuge if he wants to be alone. This place can be his cage or a cushion.
- Do not approach him while he is drinking and eating. He could bite the person who wants to "steal" his food.
- Do not try to remove a toy from his mouth.



BEHAVIOUR

Collar or harness?

Some people prefer collars; others, harnesses. Both are adequate, but choose the right size and adjust it as the puppy grows. If it is too tight, it may injure him. If it is not tight enough, he might be able to get out of it. While wearing a collar, the puppy might start coughing if he pulls on his leash during walks.

Have you heard of Halti®? These are head harnesses similar to horse halters. They prevent dogs from pulling on their leashes. They are not muzzles: they are still able to open their mouths.

Learning behaviours

The behaviours that puppies adopt are either innate (present at birth) or acquired (learned). Amongst innate behaviours, some are unpleasant for us, but normal for them. This is the case with nibbling, eating stools (coprophagia) and "happy peeing". Puppies don't know we don't like their "bad behaviour". So it's up to us to show them how to behave well.

Positive reinforcement

The principle is simple: reward dogs when they behave well. Positive reinforcement techniques can be used to teach them new tricks and to replace bad behaviours with good ones. When dogs behave badly, we must first ignore them and not react to their behaviour. Next, we need to teach them what is acceptable by rewarding them when they perform properly.

We do not recommend punishing dogs for their bad behaviour. Indeed, it is recognized that punishment causes them to become fearful and anxious. These negative emotions often lead to aggression and behavioural problems.

Training

In order for your puppy to learn, you must train him. Here are the fundamental principles to respect, no matter what you want to teach him:

- Practice often, in a quiet place, away from distractions.
- Use Adaptil® if he seems anxious.
- Always grab his attention by saying his name before you start teaching.
- Always carry some treats with you. Use ones that are low in calories or that you can cut into small pieces. To prevent him from gaining weight.
- At the beginning, reward him with a treat every time. Eventually, you will give it randomly and replace it with something else as a reward (eg toy, sweet words, hugs, etc.).
- Wait until he is comfortable with each step of the training before moving on to the next.



BEHAVIOUR

Secondary reinforcement

Secondary reinforcement involves saying a "keyword" or using a "clicker" before giving the dog the reward. This technique allows you to stop having to give rewards. The chosen word must be short. It should not be spoken in everyday life (eg Good!).

The cage

Contrary to popular belief, a cage is not a prison. On the contrary! When you introduce a cage to a puppy the right way, it becomes a refuge for him. In addition, the cage is useful to:

- get him housetrained;
- let him rest;
- prevent him from damaging objects and furniture;
- protect him from getting hurt while you are out;
- keep him safe during car rides.

If you have adopted yours from a breeder or a pet store, he probably already knows what a cage is. If not, you will need to introduce it to him. If that's what you want to do, of course.

Housetraining

Like human babies, puppies are not already born housetrained. Some puppies get it quickly while others take longer. One thing is certain: day or night, you should always take out a puppy who requests it.

The car

Many dogs love car rides. For others, it is a stressful experience. If this is the case for your puppy, then you will need to get him used to it. How? By doing it step by step, by offering him rewards and by taking only short rides at the beginning.

No matter how long the ride is, you must make sure that all the car's occupants are safe. This means that your puppy, like everyone else, must be fastened. You can put him in a cage and attach it to the car with the seat belt. The cage must be big enough for him to sit, change position and turn easily. Otherwise, he will have to wear a harness.

Motion sickness

Like humans, some dogs suffer from motion sickness. These dogs tend to drool a lot and lick their lips. They may even throw up.

To avoid nausea during car rides, it is best not to feed them less than two hours before getting into the car. There are also medications, sold under prescription, that help prevent motion sickness.



BEHAVIOUR

Canine language

Dogs talk to us. Let's listen to them!

Dogs don't say words, but they communicate with us through their body language. By observing them carefully, it is possible to decode the messages they send to us.

These messages can be separated into 5 main categories: desire to play, joy, zenitude, anger and fear. These last two emotions are the ones we should be wary of. They often appear just before the dog bites.

The dog wants to play:



- His tail is in the air or towards the ground, but not stiff.
- His elbows touch the ground; his behind is raised.
- His ears are erect.
- His eyes are sparkling.
- He barks to entice you to play.

The dog is happy:



- His tail wiggles.
- He stands straight, but not rigid.
- His ears are straight, but not erect on his head.
- He "smiles".

The dog is zen:



- He stands straight, but not rigid.
- His mouth is closed, at rest.
- His ears are straight, but not erect on the head.
- His gaze is calm.
- His facial features are relaxed.

The dog is angry:



- His ears are lying on his head.
- His body is rigid, directed forward.
- His tail is rigid.
- His gaze is threatening.
- He growls, shows his teeth and barks.

The dog is afraid (2 different portraits):

A



- He crouches or moves very slowly, with his back rounded and the tail between his legs.
- He can yawn and/or pant.
- He licks his lips.

B



- He stands still or is restless.
- He is wary, his ears are erected, his tail is rigid and the hairs on his back and his head are spiky.
- He avoids eye contact or, on the contrary, stares.
- He shows his teeth and can growl deeply.

HEALTH RECORD

How old is my dog?

		Human age		
	Dog's age	Small breeds	Medium breeds	Large breeds
Teenager 1 year 15 years	1	15	15	15
	2	24	24	24
	3	28	28	28
	4	32	32	32
	5	36	36	36
Adult 2 to 8 years 24 to 55 years	6	40	42	45
	7	44	47	50
	8	48	51	55
	9	52	56	61
	10	56	60	66
Senior 9 to 12 years 52 to 77 years	11	60	65	72
	12	64	69	77
	13	68	74	82
	14	72	78	88
	15	76	83	93
Geriatric 12+ years 64 to 80+ years	16	80	87	120
	17	84	92	
	18	88	96	
	19	92	101	



Microchip
Implantation date (DD-MM-YYYY)
Microchip number

[illegible][illegible][illegible]

HEALTH RECORD

Vaccination record																			
Vaccine's name	<div></div>	<div></div>	<div></div>	<div></div>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+
	week	week	week	week	yr	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs	yrs
Distemper																			
Adenovirus																			
Parvovirus																			
Leptospirosis																			
Lyme																			
Bordetella																			
Parainfluenza																			
Rabies																			
Influenza																			

The final word

Having a puppy at home is an extraordinary experience, but one that comes with its load of responsibilities. It is important to do what it takes to ensure yours not only a good physical health, but a good mental health as well. We hope this guide will help you develop a healthy long-term relationship with your new companion.

Do you want to know more about the different subjects presented in it? Consult the Informative files on our website at www.monvet.com. You can also view our videos featured on the **Groupe vétérinaire Monvet inc.'s YouTube channel**. Would you prefer talking directly with our staff? Do not hesitate to come see us or call us. We will be happy to assist you.



MONVET

Groupe Vétérinaire MONVET Inc.

**Medecine | Hospitalization | Standard or laser surgery
Dentistry | Digital Radiology | Ultrasound | On Site Laboratory
Physiotherapy | Osteopathy | Acupuncture | Nutrition | Boarding**

Certain services are not available for all animal species nor in all our locations.

Working together for animal health and wellbeing.



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(Anjou)



Boucherville



Beloeil



Ste-Julie



Montreal
(Rivière-des-Prairies)



Montreal
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