

# Preventing Pressure Sores

The #1 problem folks have after their dog returns home is the development of pressure sores. Pressure sores are uncomfortable for your dog and they could become infected, so it's important to take these seriously! Here is our 2-page quick guide to help you prevent pressure sores.

## Rotate the collar!

- Move the receiver to a different spot on your dog's neck. Do this **every 4-6 hours** at a minimum.
- The receiver can go on any spot except directly over the trachea.
- You can also move the e-collar slightly up and down on your dog's neck, but don't loosen the collar to do this—stay within the range that the current collar length allows.
- If you're worried about forgetting, use your phone to set alarms until you get into the habit.



## Beware of moisture

- Moisture can get trapped under the receiver and create prime conditions for pressure sores or hot spots.
- Remove the e-collar after your dog gets wet and allow your dog to air dry.
- If your dog is a little damp (like coming in from the snow) be sure to remove the collar and dry it, then towel dry your dog's neck thoroughly before putting the collar back on.

## Make sure the collar is snug.

- Friction is the enemy!
- It may seem "kinder" to loosen the e-collar, but if it's not snug enough, the contact points will start to rub on your dog's neck, which increases the likelihood of pressure sores.
- If you feel you need to adjust your dog's collar (either looser or tighter) email us to ask about this.



*Hospitals used to provide more bedding in the effort to prevent pressure sores, but healthcare professionals have since learned that multiple layers of bedding create more friction, which actually makes pressure sores worse. Friction is the enemy!*