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Klinik Sigtuna  
Vår ref  
Katerina Barankova  
Försäkringsbolag / Försnr  
Agria  
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Direktreglering

Häst **Harry Bosch** ID 108048  
Ägare 63233 Reg nr 23-2765  
Seven one seven AB Ras Vbl trv  
556882-9823 Typ Trav  
Adress smyge strandväg 28 Kön Hingst  
23178 Smygehamn Född 2023.01.01  
Tel Mobil: 0705691199 Telefon: 0705575454  
Tränare

**Anamnes**

Request for arthroscopy of the RH and LH tibiotarsal joints.

**Diagnoser**

Osteokondros OCD DIRT RH and LH- arthro TTJ.

**Medskickat****Journal**

2024-02-27 Surgery: dorsal recumbence. Arthroscopy of the RH and LH tibiotarsal joints (TTJ),  
Operation RH TTJ- OCD at the level of the distal intermediate ridge of the tibia, several fragments of various  
KaBa size located in the OCD bed, overall length 20 mm. OCD at the level of the medial malleolus, 1  
fragment circa 6mm large in the OCD bed. Rest of the joint is intact.  
LH TTJ- OCD at the level of the distal intermediate ridge of the tibia, 1 fragment circa 15 mm large in  
the OCD bed. Rest of the joint is intact.  
The fragments were removed and the OCD bed debrided with sharp curettage and shaver. Joints  
were thoroughly lavaged with sterile saline. Arthroscopic portals were sutured with Monocryl 2  
-0USP/3M using simple interrupted suture pattern. High limb bandages were placed on  
postoperatively. Uneventful spontaneous recovery from the general anesthesia.  
NSAID (Rheumocam) orally for 5-7 days. Bandage change every 5-7 days (based on how the  
bandage looks like) for a total period of 3 weeks post op.  
Suture removal: in 2 weeks under strictly aseptic manner (following chlorhexidine or povidone iodide  
scrub). Afterwards place again a single layer bandage on for additional 5-7 days.  
Complete boxrest for 3 weeks (as long as the horse has a bandage on). Start with controlled  
handwalking exercise for 5-10 minutes per day on week 4, and add extra 5-10 minutes every other  
week (20 minutes on week 5, etc) to end up on 50 minutes of handwalking on week 8. Afterwards the  
horse can slowly resume normal exercise/be turned out into a large paddock.

**SLAKTKARENS:**

Startkarens gäller i enlighet med respektive förbunds regler.

Om något oförutsett händer under icke ordinarie öppettid och som har samband med hästens behandling,  
ring 08-592 540 10. **Vid feber eller svullnad i behandlad led bör du ringa till kliniken omgående.**