

Tips for a Safe and Fun 4th of July

This time of year can be a very fun filled season with parties and food, gatherings of friends and family, and of course the fireworks! While you are enjoying the loud bangs and colorful sparkling of fireworks, please don't forget that your pets may not be as excited as you are about the celebration. Here at Cedar Grove Veterinary Services, we are ready to help you and your pets to make this time of year be as stress-free and enjoyable for everyone!

Signs of Firework Fear

Some pets may only show mild signs of fear and anxiety during loud fireworks or thunderstorms such as hiding or shaking. More severe signs of panic include destruction, panting, pacing, or causing harm to themselves. Some pets may try to or succeed in escaping their homes trying to find safety and may end up injuring themselves.

Home Help

The safest place for your pet during fireworks or thunderstorms is at home in a familiar place. Ideally, provide a quiet, dark area with your pets' favorite toys or blankets. You may try drowning out the noise with calming music or white noise, or place cotton balls in your pet's ears to dampen the sounds. Compression garments, such as a Thunder Shirt or Thunder Jacket may be beneficial to your pet. These provide a gentle-pressure hug that induces feelings of wellbeing for some animals, similar to the swaddling effect for an

infant. Natural pheromones that are labeled to help relieve stress and anxiety (Adaptil) can be purchased over the counter, at our clinic, or on our online pharmacy to aid in reducing minor anxiety and fear. For pets with severe panic related to thunderstorms or fireworks, prescription medications are available through your veterinarian to help reduce stress and anxiety. These can range from mild sedation for isolated events or a long-term anti-anxiety medication for generalized anxiety. Please consult with your veterinarian regarding the best option for your pet.

If you are concerned about your pet, please be prepared and contact your veterinarian prior to any potentially stressful events.



Pheromones

Adaptil

- Mimics mother's nursing hormone
- Available as collar, diffuser, or spray

Anti-Anxiety

Anxitane

- Chewable tablet
- Contains L-Theanine, an amino acid naturally found in green tea leaves

Fluoxetine (Prozac, Reconcile)

- Selective Serotonin Reuptake Inhibitor
- Better for generalized anxiety or behavioral problems rather than isolated events as it does take 10-14 days to see full affect

Zylkene

- Milk based protein for behavioral issues

Amitriptyline

- Tricyclic behavior modifier
- Peak levels 1-2 hours after administration

Thundershirt

- Gentle compression much like a swaddling effect to provide a calming sensation

Sedation

Trazodone

- Anti-depressant typically used for its sedation affect
- Sedation can be seen as soon as 30 min-1 hour after giving medication

Gabapentin

- Anticonvulsant and neuropathic pain relief
- Sedation is most common side effect

Supplements

Purina Calming Care

- Uses specific probiotic strains to help maintain a calm behavior
- May take up to 6 weeks to see results

Composure Chews or Liquid

- Contains C3 colostrum calming complex, l-theanine and thiamine
- Can be used as needed or on a daily basis

