

Tips to help reduce stress in our canine friends **before** their visit to the vets.



Heene Road Vets
the perfect fit for your pet

At Heene Road we understand dogs can become stressed very easily when bringing them to us.

We are now becoming a Fear Free Practice in the hopes of reducing your dogs fear and anxiety & importantly your own stress as well.

Below are a few steps you can follow beforehand to ensure your dog is fear free before even walking through the door.



Prior to your appointment

Walk your dog around the area and get them used to the practice. We are happy for patients to pop in and see us at anytime even if you don't have an appointment so they get used to us and it becomes an exciting place to go.

Nutracalm & pheromones

Nutracalm is a natural nutritional food supplement which is formulated to naturally calm our anxious pets & is great to use in the lead up to a vet visit along with the use of plug in pheromones eg Adaptil Plug In or a pheromone collar eg Adaptil collar.

Prepare the car

At least 10-15 minutes before hand acclimatise the car to a comfortable temperature. Spray the car with pheromone Adaptil spray allowing to evaporate. Play calming music (Some say dogs like classical music)

Bring your dog's favourite blanket or toy along to the visit as something familiar is a great way of reducing stress.

If you can manage it - why not bring along a Buddy? If your dog is more relaxed when their doggy friend comes along, take them along for the ride.



Worthing

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📍 206 Heene Road,
Worthing, BN11 4NT

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☎ 01903 242236

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The Journey

Stay calm and Don't rush. Leave with plenty of time as dogs can pick up our anxiety so if we are stressed most likely they are too.

When you have arrived at the vet surgery, sometimes its best to wait with your dog in the car until the appointment so as to not add further stress. Or we are happy for you to wait outside in our garden to help your dog remain calm before it comes in.

Most importantly do not feed your dog prior to vet visit so we can feed them yummy treats.

Very anxious dogs

We now have medication which will allow very fearful dogs to be relaxed & calm during their visit to the vet. It is given 2 hours before their appointment. If you feel you dog would benefit please don't hesitate to ask us to talk to you about these drugs.

Hopefully together we can now achieve a fear free experience for your dog & a relaxed visit to the vet for you.



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