

A BETTER WAY

at Adel Veterinary Clinic



The Fear Free mission is to prevent and alleviate fear, anxiety, and stress in pets by inspiring and educating the people who care for them.



THE FEAR FREE VETERINARY VISIT

The Signs of Stress

Avoiding Eye Contact

Fidgeting

Growling

Trembling

Whining

Panting
Hiding

Pacing

Circling
Lunging

During a typical Fear Free veterinary visit, our team might use the following strategies:

- First avoid eye contact with your pet and focus on you instead
- Provide non-slip surfaces for your pet to stand or rest on to improve balance and stability
- Use gentle pressure to sooth the pet
- Create a calming environment with pheromone diffusers
- Play calming music to ease tension and promote relaxation
- Actively work to reduce stressful noises
- Create a relaxing environment through calming hospital colors and gentle lighting
- Prescribe anti-anxiety or other calming medications & supplements.



Five Ways You Can Help Make the Veterinary Visit Fear Free for Your Pet



Prep your pet

Get your pet accustomed to their carrier or restraint device and condition happy experiences in the vehicle



Limit food before the appointment

Unless medically contraindicated, bringing pets in hungry increases the reward value of food during the visit to better condition the pet to the positives of care



Explore waiting room alternatives

Work with the receptionist or other team members to determine the optimal location to wait with your pet prior to care



Be open to non-traditional techniques

This may include examining the pet in your lap or on the floor and using treat and toy incentives to move animals willingly onto the scale, into the exam room, and onto the table



Consider proven, new strategies to reduce anxiety and stress in your pet

In many cases, pets will benefit from pre-visit medications, supplements or sedatives, as well as conditioning the pet to aspects of vet care prior to their next visit



WE ARE PROUD TO HAVE FEAR FREE CERTIFIED PROFESSIONALS ON OUR TEAM

We've always worked hard to provide the best care for your pets. Now, we know that there are ways to make your pet's healthcare even better. We are proud that our team members are evolving with veterinary medicine and are committed to looking after both your pet's physical and emotional well-being. Visit www.fearfreepets.com for more information.



ADEL VETERINARY CLINIC

MEDICINE • ACUPUNCTURE • BOARDING