



# REDUCING STRESS AFTER MOBILE VET VISITS

Mobile veterinary visits can be a stressful experience for pets, as they may associate the visit with discomfort, unfamiliar environments, or medical procedures. These feelings can lead to fear, anxiety, and stress that may carry over into interactions with other pets at home.

## SIGNS OF ANXIETY & STRESS

- Hiding or avoidance behavior
- Excessive vocalization (whining, barking, meowing)
- Aggression or territorial behavior
- Excessive licking or grooming
- Reduced appetite or change in eating habits
- Unusual elimination behavior (e.g., urination or defecation accidents)

## ALLOW TIME FOR RECOVERY

- **Rest and Recovery:** Ensure the pet has a quiet space to rest after the visit, free from disturbances.
- **Observation:** Monitor the pet closely for any signs of stress, such as panting, pacing, or reluctance to eat, which could indicate continued anxiety.
- **Safe Space:** Set up a designated “safe space” for the pet (such as a quiet room with their bed, toys, and food) to help them feel secure.
- **Calming Aids:** Use calming products, such as pheromone diffusers (Feliway for cats or Adaptil for dogs), to reduce anxiety.

## REINTRODUCING TO OTHER PETS IN THE HOME

- **Scent Familiarization:** Allow the pets to smell a towel or cloth that the other pet has used or been in contact with before any visual contact occurs. This can help them feel more familiar and less threatened by the other pet.
- **Visual Introduction:** Begin with short, controlled visual introductions. Use barriers (such as baby gates, crates, or doors) to allow pets to see each other without direct contact. Keep these sessions brief (5–10 minutes), gradually increasing the duration if both pets remain calm.
- **Positive Reinforcement:** Reward calm behavior from both pets with treats, praise, or toys to create positive associations with seeing each other.