



# Welcome to your Puppy Pack



# Congratulations on your new puppy!

We've collated everything to give your new puppy the best start in life and to help you have peace of mind.

This puppy pack pulls together all the important information you need to make sure your puppy is fit, healthy and ready to take on the world.

We cover everything from booking in your vaccinations, pet insurance, information on microchips and important details on the Pet Health Plan and of course some freebies to get you started.



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We're here to help and support you every step of the way to ensure your puppy gets the best head start in life.

We've pulled together a tick list so you can ensure nothing is missed off, and you're utilising all of the services that Aldgate Vets has to offer for your new puppy.

- Booked first and second vaccinations and Parvo top up vaccination.** Puppies require two vaccines to be given four weeks apart from six weeks of age for their primary vaccination course. We also recommend an additional Parvo top up vaccination at 16 weeks of age.
- Checked your puppy's microchip details are up to date.** Your puppy must be microchipped by 8 weeks old. Most breeders will already have sorted this out so just ensure the details have been updated from the breeders into yours.
- Booked Kennel Cough Vaccination.** Usually done at time of 16 week Parvo vac. This will be needed if puppy is going to kennels or doggy daycare.
- Secured your Pet Health Plan.** Spread the cost of your pet's flea, worm and annual vaccinations as well as getting discounts on in house services, deliveries and products.
- Claimed 5-week free pet insurance which includes immediate illness cover.** Don't forget you can claim 5 weeks free Pet Insurance. If you're happy, your cover will continue seamlessly.
- Collected your free bag of Virbac food.**





# Why are vaccinations so important for my puppy?

Most of the diseases we vaccinate for have no specific cure and rely on supportive treatment.

Vaccination means that the immune system is taught to recognise and fight these diseases if your dog encounters them.

This protects them from avoidable fatalities.



## What do we vaccinate for?

### **D - Distemper**

Infectious disease which causes variable symptoms including fever, coughing, discharge from the eyes and nose, vomiting and diarrhoea, skin changes and seizures.

Distemper is often fatal.

### **H - Canine Adenovirus (Hepatitis)**

A viral disease that attacks the liver, kidneys and lungs. Signs often include coughing, vomiting, diarrhoea and pale gums. The disease is rapid and often causes death within 24-36 hours.

### **P - Parvovirus**

This virus is highly contagious and very persistent in the environment. The disease causes severe vomiting and diarrhoea. Outbreaks of canine parvovirus still occur regularly and sadly are usually fatal.

### **L4 - Leptospirosis**

Is caused by a bacterium which can be picked up from watercourses and urine of other infected animals, especially rats. It targets the internal organs.

This disease is often fatal. We vaccinate for 4 different strains of the Leptospira virus hence the term L4. Leptospirosis can spread from animals to people.





## Getting the vaccinations right for your puppy:

All vaccine brands require a primary course of **at least two vaccines** to give cover.

If your puppy has already had its first vaccination, it's important for us to check which vaccine was used, to make sure we give a compatible vaccine. If not, we may have to start the course again.

We currently use Canigen DHP and L4. Your puppy will need 2 vaccines, 4 weeks apart.

The first vaccine can be given from as early as 6 weeks of age. It is important to keep your puppy safe until they are fully vaccinated.

Your puppy will be protected against Distemper, Hepatitis and Parvo virus one week after the first vaccine is given, as long as the puppy is 10 weeks or older at the time of the vaccine. Protection against Leptospirosis is complete 3 weeks after the second vaccination.

We offer an optional Parvovirus vaccine at 16 weeks of age to top up your puppy's immunity.

We also offer an intra-nasal vaccination against kennel cough; this covers the bacteria and viruses involved in the Kennel Cough Complex. We recommend this for all dogs mixing and socialising, and it is often a requirement if dogs are going to kennels of doggy daycare.





## Join the Pet Health Plan!

We all know the value and benefit of keeping our pets happy and healthy and we want to help you reduce and spread the cost of routine preventative healthcare for your pet.

By joining our Pet Health Plan your pet will benefit from preventative treatments and services all at discounted prices. You will be able to spread the cost of treatments like vaccinations and routine flea and worming throughout the year. Payments are made by convenient monthly direct debit collected by our plan administrator, Vetsure.

We also provide a delivery service now as standard, so these treatments arrive at your door for your convenience.

**To sign up please speak to a member of our client care team.**

# Pet insurance with VetSure

We would always recommend getting your pet insured as something unexpected could happen at any time.

It is important to ensure you have the correct level of cover as some policies will only cover accidents and not life-long conditions.

**Speak to one of our team members about how you can get free insurance for five weeks for your pet with immediate illness cover.**



**Pet  
Health  
Plan.**





## Nutrition for your puppy

It is important to feed your puppy a well-balanced puppy specific diet.

Getting the correct balance of nutrients, vitamins, and minerals is essential for the health of your puppy, both now and growing up. Different sizes of puppies have different needs, so it is important to choose a diet that is tailored to this.

Take a look at the Virbac leaflet below for a more information.

### Claim your free bag of food!

If your puppy has had their full primary course of vaccinations with us, please request your free bag from reception.

Please scan the QR code here to view the full range of Virbac food, please visit



[www.uk.virbac.com/login](http://www.uk.virbac.com/login)

# Importance of flea and worming treatment



Flea infestations are very common, and we advise regular preventative treatment as it is much easier to prevent fleas than treat for them. If you notice increased itchiness, hair loss or see fleas in your pet's coat please contact the Practice. We need to see your pet annually in order to prescribe flea and worming products as they are prescription only medication, this is usually covered by your vaccination appointments.

We currently recommend Simparica, which is a monthly tablet. Simparica also covers for ticks, which your dog can pick up from the environment, especially if they go in fields where sheep or deer have been.



We advise worming your puppy monthly until they are 6 months old. Adult dogs should be treated based on risk category; low risk dogs every 3 months, high risk dogs for example, scavengers or, if your dog has contact with children/an immunocompromised person then monthly worming is advised.

We advise the use of a worming medication called Milpro, which comes in a tablet form. Based on your puppy's weight, they may require one or two tablets per treatment. As with the flea treatment the worming treatment is also prescription only medication therefore, we would need to see your dog annually to prescribe treatment.





## Microchipping and Identification



Microchipping for dogs is compulsory in the UK. All puppies are required to be microchipped before 8 weeks of age, therefore, your puppy should already be chipped when you pick them up.

You will need to check if the microchip is still registered to the breeder, and if so the chip will need to be transferred so that the legal ownership is in your name and details.

The breeder should give you details of the chip number and the company you will need to contact.

**IMPORTANT:** These details will need to be changed if you move house or for any other changes, as these details will be used to try to contact you if your dog ever strays.

Alongside microchipping, all dogs when out in a public place should wear a collar and tag. It is recommended that this includes an address and surname, and some form of telephone contact. It is not advisable to add your puppy's name to the tag.

Some owners also opt for GPS trackers or smart tags for added security.



## Grooming and Coat Maintenance

Introducing puppies at a young age to a regular grooming routine is essential for desensitisation and comfort for the puppy.

As soon as your puppy is fully vaccinated, they can visit a groomer for a 'puppy groom'. Usually, the groomer will give you recommendations on frequency of grooms, coat type, what equipment to use, and general information on coat care and maintenance.

For curly-coated breeds or long-haired breeds that require regular appointments, this can be as frequent as every six weeks, so this needs to be factored into your puppy's routine and also costs.

It is important for all breeds that the coat is checked and brushed regularly in between appointments.

It is important to select the correct equipment for grooming as different coat types have different requirements; for long-haired breeds, a slicker brush or comb would be more appropriate, whereas for shorter-coated breeds, a de-shedding rubber brush or furminator type is suitable.

Grooming and regular brushing can also help you to bond with your puppy as well as desensitise them to the process, resulting in an easier and more enjoyable process for both of you!



## Socialisation

Your puppy should be socialised and exposed to numerous things as young as safely possible, including people and other dogs as a priority.

Before vaccination, if possible, your puppy can be appropriately socialised by observing other dogs in a sling or carry aid, or simply in your arms. This early exposure is important for social skills to develop, and if possible, should be with well-mannered dogs that are fully vaccinated and will not jump, bark or scare your puppy.

Once vaccinated your puppy can then move on to meeting other dogs on the ground. When doing this, you want to ensure that these early experiences are always positive, so it is again important to ensure that the dogs your puppy meets are friendly and well socialised themselves.

Using treats for reassurance and to encourage desirable behaviours will enable your puppy to understand what is expected of them from an early age, whilst building confidence.

It is always advisable to have a lead or long line attached to your puppy when meeting other dogs, so that you can move away easily if either becomes distressed, and to also correct unwanted behaviours.

As always, ask the owner's permission before letting your puppy meet another dog – some dogs are not keen on meeting others, and therefore we want to ensure the most positive experience possible rather than a negative one.



## Meeting New People with Your Puppy:

**Communicate Your Preferences:** Make sure anyone meeting your puppy knows and respects your rules (for example, if you don't want your puppy to jump up).

**Be Confident Sharing Your Boundaries:** Don't hesitate to tell people what you want when they interact with your puppy.

**Bring Treats:** Always carry treats with you when meeting new people.

**Use Treats to Build Positive Associations:** Give treats to your puppy when they meet someone new, helping them associate people with something tasty and good.

## Introducing Your Puppy to Children:

**Choose the Right Children:** Introduce your puppy to children who are familiar to you and have experience around dogs.

**You Lead the Interaction:** Always be in control of the meeting and guide how the greeting progresses.

**Use Treats Generously:** Give plenty of treats to your puppy during the introduction to create positive associations.

**Use a Lead:** Keep your puppy on a lead so you can quickly and safely move them if needed.

**Watch for Signs of Overwhelm:** Pay attention to both the puppy and the children. If either shows signs of being overwhelmed or tired, end the interaction promptly.

This approach can be used for a number of different behaviours, so it is important to know what you expect from your puppy as he/she transition into an older dog and what you want to teach them when around both people and other dogs.

Remember, early training and socialisation are shaping your puppy into how they will behave as an adult, so ensure you start them off correctly with lots of positive interactions with clear instructions and commands.



## Toys and Enrichment

It is important that you provide plenty of enrichment for your new puppy in the form of toys and play. Playing with your puppy can increase your relationship and bond, and also stimulates your puppy mentally.

It is important to select the most appropriate toys for your new puppy, as some toys are easily damaged and chewed.

As with any toy, your puppy should never be left unsupervised while playing to prevent ingestion, injury, or choking. Additionally, toys should be regularly checked for wear and potential hazards.

There are a variety of toys that may be recommended by your vet – chat with our team during your next visit to find out which ones are best for your pet.





## Training

Puppies have a lot of energy and are very keen learners. Training with your puppy increases your bond and also provides an outlet for extra energy. It also provides mental stimulation, which is so important for their development into adulthood.

Positive reinforcement is the recommended form of training to use with your puppy. In basic terms, positive reinforcement is a term used to describe rewarding your puppy for a certain behaviour in the hope that a pattern is established between said behaviour and a reward. This will then encourage the puppy to perform said behaviour. This can be applied to most, if not all commands. The use of a clicker may also aid in targeting wanted behaviours.

Muzzle training is recommended for all dogs. Although some owners may feel this is not a necessary aspect of training, it is a lifelong skill that can be useful in a number of different scenarios, and not just for aggression.

With early desensitisation to a muzzle, you can be assured that this will minimise stress for your puppy if this is ever needed.

There are several basic commands you can teach your puppy, some of which are known as 'life-saving commands' such as wait, sit etc.

We work closely with Gina from K9 Stars, who can provide support with training and commands if needed. Gina offers empathetic, ethical, and welfare-friendly dog training across Bridlington, Driffield, Hornsea, and surrounding areas in Hull and East Yorkshire. [www.k9-stars.co.uk](http://www.k9-stars.co.uk)

Commands are important as they will form the basics of your puppy's baseline knowledge, and can then be adapted or utilised for other commands as the puppy learns.

We have also provided our own training video so you can muzzle your dog with confidence. Scan this QR code here to watch.



<https://youtube.com/shorts/zRHvsIW0I8I?si=Xf4k1jsGZYk4jgL6>

**Look out for email invites to our regular puppy training sessions to understand how to train your puppy.**



## Vet Visits and Common Restraints

When visiting the veterinary practice, your puppy will experience lots of new smells, sounds, and situations that may seem quite scary.

Once your puppy has had their first introductory visit with a nurse, they will have their vaccination appointments, general health checks, and from then on, routine visits that can include neutering and other procedures.

Whilst here for these appointments, your puppy will be introduced to common restraints we use in practice to carry out blood sampling, IV placement, head-to-toe examinations, amongst others.

In the first year in particular, as your puppy grows, we will need regular up-to-date weight records for your puppy for flea and worm treatments and other medications if needed. It is important to note that these regular weight checks can be utilised to your puppy's advantage, by bringing them into the practice, they will become easily adapted to the floors, scales, and being fussed by our team.

All of these together form a positive association for your puppy, which hopefully reduces any fears or worries for both of you, and will hopefully make visits to our practice an enjoyable experience.

We have produced a short video on common restraints we use so you can prepare your puppy for these early and desensitise them to help them find it less stressful. These restraints can be performed at home with the aid of a lick mat or similar, which a nurse will demonstrate at your introductory visit.

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[https://youtube.com/shorts/hS9FmN\\_bZfM?si=H0kYA6Z8RaeNli1J](https://youtube.com/shorts/hS9FmN_bZfM?si=H0kYA6Z8RaeNli1J)



## Neutering Guidelines

We advise spaying all female dogs to prevent problems in the future. The age at which we do this depends on the breed and size of the dog. We want to ensure that they have been through puberty before spaying to reduce any negative effects.

We no longer advise castrating all male dogs but judge on a case-by-case basis taking into account individual circumstances, behaviour and breed. Castrating anxious dogs can make their behaviour worse.

The vet or nurse that you see with your puppy can best advise as to the best time to neuter or why we wouldn't advise neutering in some cases.





## Dental Care

Dental care is often something that can be overlooked in puppy care, as often dental problems such as build-up of plaque and tartar, amongst other conditions, do not present until later years. However, exposing your puppy to a regular brushing routine is paramount for their dental health and to try to prevent any dental disease.

Scan our QR code here for techniques and methods to help start your puppy's dental regime.



<https://youtube.com/shorts/YfStlOqcd0?si=Pwg9RAXv8jLwUSUG>





## Puppy guidance on arthritis

One common example of an early-onset orthopedic condition in puppies is arthritis.

Did you know that 40% of dogs between the ages of 4 months and 4 years old have radiographic signs of arthritis in one or more joints, and 24% have some degree of pain related to these arthritic changes?

We want to take this opportunity to educate new dog owners on the signs to look for in your puppy, so you can take the best action necessary, and they can live a happy and fulfilling life.



## Ready for a puppy paddle?

Did you know our Bridlington Practice is complete with a state-of-the-art Hydrotherapy Centre? Hydrotherapy is not just for older dogs, puppies can benefit from hydrotherapy too.

Hydrotherapy is great for dogs of all shapes, sizes and ages, but especially for growing puppies. With the use of our heated pool and underwater treadmill, our hydrotherapists can help by supporting your puppy's growth, development and confidence.

Hydrotherapy is a low-impact exercise, developing fitness levels, whilst also reducing the risk of any future orthopaedic conditions.



And don't forget about how much fun they will have, whilst building water confidence for a lifetime of health and wellbeing for your Pup.

Hydrotherapy is also an amazing socialisation opportunity, being exposed to new people, places, and creating positive associations with the vets too!

It stimulates their brains and expels all that extra energy without impacting their young, delicate joints. It is also a great opportunity for future working and sporting dogs, preparing them to perform at their best.

Our highly qualified and experienced hydrotherapists are trained to build your puppy's confidence in and around the water, all to get the most out of your pet's hydrotherapy sessions and to give you peace of mind on all your exciting adventures ahead with your pup!

For more information on puppy swims call our Bridlington practice today on 01262 677269.





# Contact Us

We hope this puppy pack helps you feel confident that you have all you need to get started with your new puppy.

If you have any questions or concerns, please get in touch with either your Bridlington or Drifffield practice.

## Bridlington

**Telephone:** 01262 677269

**Address:** Aldgate House,  
Hilderthorpe Rd, Bridlington  
YO15 3AP

## Opening Hours

**Monday to Friday:**  
8am to 8pm

**Saturday and Sunday:**  
8am to 6pm

## Drifffield

**Telephone:** 01377 252087

**Address:** St John's Place,  
Drifffield YO25 6QD

## Opening Hours

**Monday to Friday:**  
8am to 6pm

**Saturday:** 8am to 1pm

**For Emergency care, please call:**  
01377 252087 or 01262 677269

