



Have a Fear Free Visit

TACKLING ANXIETY WITHIN THE VETERINARY OFFICE

Many pet owners are familiar with the distressing experience of seeing their pet hide, tremble, or behave unusually due to fear and anxiety associated with a veterinary visit.

These reactions can be emotionally challenging for both animals and their owners.

Fortunately, a new approach is transforming the way we understand and manage anxiety in veterinary care, offering a more compassionate and effective path forward.

WHY CHOOSE A FEAR FREE APPROACH?

Prioritizing Emotional Wellness

While veterinary visits have traditionally centered on physical health, Fear Free care acknowledges that emotional well-being is just as important. Fear and stress can have a direct impact on a pet's physical condition. By supporting a pet's emotional needs, we take a more complete and compassionate approach to their overall health.

Improved Continuity of Care

Research shows that many pet owners skip routine wellness visits because they fear the stress it may cause their pets. Fear Free care is designed to change that. By minimizing anxiety, it encourages more consistent visits—allowing for early detection and prevention of health issues before they become serious.

Low-stress Techniques and Encouraging Environments

Fear Free Techniques are specially made to create a calm, comforting experience for your pet. Their approach includes slow, deliberate movements, quiet voices, and allowing each pet to set the pace of interaction. They also avoid direct eye contact at first—an instinctively soothing tactic—and use positive distractions like treats, toys, and gentle petting to build trust. These thoughtful techniques help reduce fear and stress, resulting in a more relaxed, cooperative pet who feels safe and supported during veterinary visits. Over time, this creates a more positive association with care, making future appointments smoother and less stressful for both pets and their owners.



HOW WE KEEP YOUR PET CALM AND COMFORTABLE

Adaptil™ and Feliway™

Adaptil™ for dogs and Feliway™ for cats are synthetic replicas of the natural calming pheromones produced by nursing mothers. These pheromones foster a sense of security and belonging in puppies and kittens, and continue to have a reassuring effect on animals throughout their lives. To help reduce anxiety and promote comfort, we apply spray versions of these products to towels and blankets used in our hospital. This simple yet effective technique supports a calmer, less stressful environment for our patients.

Calming Medications

Your veterinarian may recommend administering calming medications prior to your pet's appointment to help reduce stress and anxiety. These medications are designed to prevent anxiety from escalating, allowing your dog or cat to have a more relaxed and positive experience. Commonly prescribed options include gabapentin and trazodone—both of which are considered safe when used at appropriate doses. In many cases, a trial dose at home is advised to help determine the most effective and comfortable dosage for your pet.

The Fear Free approach represents a modern standard of veterinary care that prioritizes both the physical and emotional well-being of your pet. This progressive model enhances the overall experience for pets and their owners, leading to numerous benefits—including more accurate physical examinations and diagnostic results. To learn how Fear Free care can support your pet's health, speak with your veterinarian today.

Contact Us

🌐 chambersburganimalhospital.com

✉ chambersburg@nva.com

📞 717-264-4712



Learn more at fearfreehappyhomes.com

