



Low Stress Veterinary Visits

Low Stress Handling: What Does it Mean For Your Pet?

Low Stress Handling and Restraint was created by Dr. Sophia Yin, world renowned veterinarian and veterinary behaviorist. Dr. Yin has spent years learning smarter, kinder, gentler ways to work with her patients making the visit a more rewarding, less stressful and happier visit. When our patients are happy we are happy.

LOW STRESS HANDLING signifies that the staff at Burloak Animal Hospital have spent many hours learning specific methods for reducing stress in animals. We are proud to promote and utilize these new techniques making your pets visit a safer, kinder, happier visit.

We work WITH you and your pet to determine their specific LOW STRESS HANDLING needs.

Tips for owners to help make Veterinary visits LESS Stressful



Leave the carrier out all the time Make the carrier “A Home Away From Home”, a place where your pet feels safe and secure. Place food near or in it, put treats and toys inside. You know your pet likes it when they start sleeping in it on their own. Get a carrier where the top can easily come off. That way we, if your pet wants, we can do the whole exam while they are in the carrier!



Use Feliway for Cats and Adaptil for Dogs These are pheromones that help reduce stress-related behaviours by reassuring their territory is safe and familiar. Either spray or wipe down their carrier or bedding to help create a calm feeling.



Withhold food (When medically appropriate) This will reduce nausea in the car and also provide a positive experience for a food motivated pet. If highly food motivated, we can usually do vaccines without them even noticing!



Use a “Thunder Shirt” A Thunder Shirt targets various pressure points, creating a sensation similar to swaddling an infant. It is a great option for pets who suffer from anxiety

