

## Fear Free Kit

Congratulations on taking the first step to minimize anxiety associated with carriers, car rides, and/or vet visits! These methods are much more successful when started before your pet has escalated into being nervous or anxious. So, starting at home where your pet is most comfortable is important! Thank you for starting this helpful and healthy experience at home!

- Solliquin: Behavioral Health Supplement

- Solliquin is a health supplement that supports normal behavior and facilitates a calming effect without sedation.
- Give appropriate dose 2 hours before your pet's appointment.

<8lb: 1 Sm  
chew

8-15lb: 1  
Med chew

16-30lb:  
2Med chews

31-45lb: 1/2  
Lg tab

46-90lb: 1 Lg  
tab

- Species-Specific Calming Music (PLEASE RETURN USB/KEYCHAIN or CD AT TIME OF APPOINTMENT)

- Play species-specific music (iCalmDog Canine Household or Through a Cat's Ear) for a minimum of 10 minutes before you leave the house.
- Transfer the music to the car. (iCalmDog IN THE CAR or Through a Cat's Ear) Play it all the way to our office.
- We will be playing the same music in our species-specific exam rooms.

- Pheromone Wipes

- Adaptil is for dogs. Feliway is for cats.
- These are synthetic pheromones made to mimic familiar pheromones given off by the dog's or cat's natural scent glands which delivers a calming effect.
- Do not use directly on your pet. Use the wipes inside of carriers and/or inside of the car.

For those who have additional needs, for things such as aggression or car sickness, please contact us at 973-726-8080.

We want your visit to be as stress free as possible!

You'll find more information regarding what to expect from your pet's Fear Free veterinary visit at:

[www.highlandsvethosp.com](http://www.highlandsvethosp.com)