

HOTSPOTS CARE

TIBETANMASTIFFS.AU / tibetanmastiffau@gmail.com



Treating Hotspots: Step-by-Step Guide

- 1. Stay Calm and Act Quickly:**
 - Hotspots are treatable. The key is to act promptly and efficiently.
- 2. Thorough Cleaning:**
 - **Wash:** Bathe your dog in warm water using a medicated shampoo. Focus on flushing the hotspot area thoroughly.
 - **Dry:** Use a blower to dry your dog completely. Ensuring the coat is dry is crucial in preventing further infection.
- 3. Topical Treatment:**
 - **Apply Antiseptic Powder:** Use an antiseptic powder like Medi Pulv twice a day on the hotspot. It helps keep the area dry and disinfected.
- 4. Regular Maintenance:**
 - **Keep the Coat Clean and Dry:** To avoid future flare-ups, maintain a clean and dry coat.
 - **Weekly Blower Cleaning:** Use a blower weekly to remove dirt and dust. At the end of the cleaning, spray an organic skin and coat oil and blow it through for added protection.

Additional Remedies for Managing Hotspots

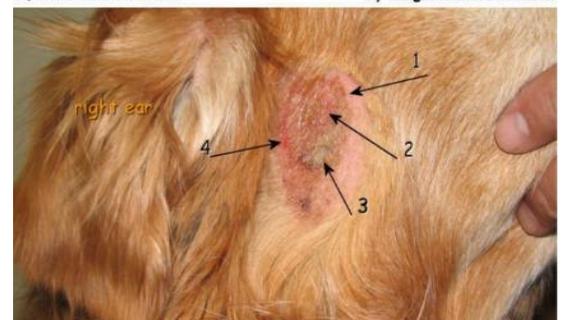
1. Clean the Affected Area

- **Trim the Fur:** Carefully trim the fur around the hotspot to prevent further irritation and help the area dry out. Use blunt-nosed scissors for safety.
- **Clean with Mild Antiseptic:** Use a mild antiseptic solution, like diluted chlorhexidine or povidone-iodine, to clean the area. Avoid hydrogen peroxide or alcohol as they can be irritating.

2. Topical Treatments

- **Antiseptic Spray or Wipes:** Apply antiseptic sprays or wipes designed for pets to disinfect the hotspot.
- **Hydrocortisone Cream:** Apply a small amount of over-the-counter hydrocortisone cream to reduce itching and inflammation. Ensure it's safe for pets.

1.) Undamaged normal skin
2.) Active moist infection
3.) Dead superficial skin
4.) Margin of active infection



TIBETANMASTIFFS.AU / tibetanmastiffau@gmail.com

- **Antibiotic Ointment:** If the hotspot appears infected, an antibiotic ointment like Neosporin (without pain relief) can help. Always consult a vet before using.

3. Natural Remedies

- **Aloe Vera:** Apply pure Aloe Vera gel to soothe and heal the skin. Ensure it's additive-free and safe for dogs. "Aloe Vera can be toxic to dogs if ingested. While the gel inside the Aloe Vera plant is generally considered safe for topical use on minor skin issues, the latex part (a yellow substance found under the plant's skin) contains saponins and anthraquinones, which can cause digestive issues such as vomiting, diarrhea, and lethargy if ingested"
- **Coconut Oil (MCT):** Apply a thin layer of virgin coconut oil to moisturize and provide antibacterial properties.
- **Chamomile Tea Compress:** Use cooled chamomile tea as a compress to soothe the hotspot. Chamomile has natural anti-inflammatory and antiseptic properties.

1. Prevent Licking and Scratching

- **Elizabethan Collar (E-Collar):** Use an E-collar to prevent your dog from licking or scratching the hotspot.
- **Soft Recovery Collar:** Consider a soft recovery collar for a more comfortable option that still prevents licking.

2. Address Underlying Causes

- **Allergies:** Identify and address any underlying allergies. Consult with a vet for allergy testing and management.
- **Fleas and Parasites:** Ensure your dog is on a regular flea and parasite prevention program.
- **Skin Infections:** Treat any underlying bacterial or fungal infections.

3. Diet and Supplements

- **High-Quality Diet:** Ensure your dog eats a balanced, high-quality diet that supports skin health.
- **Omega-3 Fatty Acids:** Supplement with omega-3 fatty acids, like fish oil, to improve skin health and reduce inflammation.

4. Veterinary Care

- **Professional Diagnosis:** If the hotspot is severe or persistent, seek veterinary care. The vet may prescribe stronger medications or medicated shampoos.
- **Regular Check-Ups:** Regular veterinary check-ups can help identify and address skin issues early.

Hotspot Prevention Tips for Tibetan Mastiff

Hotspots, also known as acute moist dermatitis, are painful, inflamed areas of skin that can develop quickly on dogs, especially those with thick coats like Tibetan Mastiffs. Here are some effective strategies to prevent hotspots:

1. **Regular Grooming:**
 - Regularly brush your dog's coat to remove loose fur, dirt, and debris. For thick-coated breeds like Tibetan Mastiffs, regular grooming helps prevent mats and tangles that can trap moisture against the skin, creating an environment conducive to hotspots.
2. **Keep Skin Dry:**
 - Hotspots often develop from moisture trapped against the skin. Dry your dog thoroughly after baths, swims, or exposure to rain. Pay special attention to areas under the collar, around the ears, and between the legs where moisture can linger.
3. **Proper Diet and Nutrition:**
 - A balanced diet rich in essential fatty acids (Omega-3 and Omega-6) helps maintain healthy skin and a shiny coat. Supplements like fish oil can improve skin condition and reduce the risk of hotspots.
4. **Monitor for Allergies:**
 - Allergies (food, environmental, or flea allergies) can cause itching and excessive licking, leading to hotspots. Work with your vet to identify and manage any allergies your dog might have. This may include dietary changes or medications to reduce itching.
5. **Flea and Tick Prevention:**
 - Regular flea and tick control is essential, as bites can cause itching that leads to scratching and the development of hotspots. Use veterinarian-recommended flea preventatives suitable for your dog.
6. **Regular Skin Checks:**
 - Routinely check your dog's skin for signs of irritation, redness, or excessive moisture. Early detection of minor issues can prevent them from developing into larger hotspots.
7. **Keep Your Dog Calm and Stress-Free:**
 - Stress and anxiety can lead to compulsive licking and chewing. Ensure your dog has a calm environment and plenty of mental and physical exercise to reduce anxiety.
8. **Bathe Your Dog with Appropriate Products:**
 - Use gentle, hypoallergenic shampoos specifically designed for dogs. Avoid over-bathing, which can strip natural oils and dry out the skin, leading to increased scratching.
9. **Trim Excess Hair:**
 - Trim excess hair around problem areas, such as behind the ears, around the neck, or near the tail base, where moisture can get trapped. This helps keep these areas drier and less prone to hotspots.
10. **Prevent Self-Trauma:**
 - If you notice your dog excessively licking or chewing a particular spot, distract them with toys or engage them in other activities to prevent them from causing trauma to the skin.
11. **Regular Vet Check-Ups:**

- Regular veterinary check-ups can help catch early signs of skin issues and provide advice on maintaining optimal skin health. Your vet can also recommend specific skin supplements if needed.

12. Environmental Control:

- Avoid environments that contribute to skin problems, such as high humidity areas, muddy grounds, or stagnant water bodies that may irritate your dog's skin.

Implementing these preventive measures will greatly reduce the likelihood of your dog developing painful hotspots, keeping their skin healthy and comfortable.