



Using Adaptil

Adaptil is the brand name for products containing DAP (dog appeasing pheromone). DAP is a chemical that mimics the properties of the natural appeasing pheromones produced by a bitch when suckling her young. This stimulates the same sense of wellbeing in an adult dog that the mother stimulates in her pups and helps to calm them. DAP can therefore help adult dogs during periods of stress or support behaviour modification programmes. Adaptil is available as a diffuser, collar or spray. Each is suited to different circumstances.



Diffuser

An Adaptil diffuser is similar in design to a 'plug in' air freshener. It is most suited to behaviour problems that only occur in the house, especially where more than one dog is involved. This includes things like moving house, arrival of a new baby, dog or house member, returning home after a period of hospitalisation, separation issues and thunder or firework phobias. When using an Adaptil diffuser please note the following points: -

- Use the diffuser in the room your dog will be in most of the time
- Don't place the diffuser under or behind furniture as this will prevent proper circulation
- Don't switch the diffuser off as this will reduce circulating levels of the pheromone
- The diffuser will need replacing every 4-6 weeks when it has run dry

Collar

An Adaptil collar is a plastic band impregnated with the DAP in a similar way to a flea collar. The advantage of the Adaptil collar is that it will be with your dog wherever he goes. It is therefore most suited to problems that occur both indoors and outdoors such as generally anxious dogs, when staying in kennels or during puppy or adult dog training classes. The collar will start to take effect about 24 hours after being put on and will last for 4-6 weeks. For the collar to work efficiently it needs to be in contact with your dog's skin. The collar won't work when it is wet but will start working again once it has dried out.

Spray

Adaptil spray is best suited to problems that only occur occasionally and in very specific situations. For example DAP can be used during car travel or for visits to the Vets. The spray can be applied to a bandanna placed around your dog's neck or applied directly to a surface e.g. where your dog lays in the car.

When using the spray allow the alcohol base the pheromone is carried in to evaporate for 15 minutes before exposing your dog to it. The spray will need to be topped up after 2 hours if still needed. Your dog will need to be excluded for the first 15 minutes after each reapplication.

More than one dog

Occasionally Adaptil may cause a change in the relationship between two dogs. If your dogs sometimes have disagreements or one is very controlling of the other then you should seek advice from a qualified Behaviour Counsellor before using Adaptil