

# Express Anal Glands



 [Website](#)

 [Facebook](#)

 [Instagram](#)

# Express Anal Glands

---



## Gentle, Discreet, and Stress-Free

Anal glands are small sacs located on either side of your dog's anus. These glands produce a distinctive scent used for marking territory and communication. Under normal conditions, they empty naturally during bowel movements. However, in some dogs—particularly those with soft stools, obesity, or certain anatomical traits—these glands may not empty as they should. This can lead to them becoming full, impacted, or blocked, causing discomfort, irritation, and potentially infection.

## Recognising the Signs

Look out for symptoms such as:

- Scooting or dragging their bottom
- Excessive licking around the back end
- A strong, unpleasant odour
- Signs of discomfort or pain when sitting

## Why Anal Gland Expression Is Sometimes Needed

When the glands don't express naturally, manual expression is needed to relieve discomfort and prevent complications such as infections, abscesses, or even gland rupture. This simple but important procedure is typically performed by a veterinary professional or experienced groomer.

As a fully qualified **Registered Veterinary Nurse (RVN)** with **Fear Free certification**, I'm committed to ensuring your pet's experience is as gentle and stress-free as possible. Though I'm currently taking a break from clinical practice, my dedication to animal welfare is unwavering. With **full insurance coverage**, you can feel confident knowing your pet is in expert hands.



We offer services for **all species and sizes**, eliminating the hassle of juggling different providers. Every animal is unique, and with extensive professional and personal experience, I provide care tailored to their individual needs.

## Prevention Through Diet

A key part of maintaining healthy anal glands is ensuring your dog's diet supports firm, consistent stools—allowing the glands to express naturally with each bowel movement. Your vet may recommend adding dietary fibre or omega-3 fatty acids (like fish oil).

Natural options like:

- Canned pure pumpkin
- Cooked fresh pumpkin
- Unsalted pumpkin seeds can be helpful additions.

**Important:** Always check canned pumpkin for xylitol, a sweetener that is toxic to dogs.

With the right nutrition and gentle support, many dogs can maintain healthy anal gland function naturally.

---

## Why Choose Us?

- ✓ *Experienced Registered Veterinary Nurse (RVN)*
- ✓ *Fear Free certified – stress reduction for pets*
- ✓ *Fully insured for complete peace of mind*
- ✓ *Home visits for all species and sizes*

