

WILDSIDE VETERINARY HEALTH CENTER

CARE SHEET: FRILLED LIZARD



Environment:

- They are arboreal reptiles, so a vertically oriented cage for adults is better than a horizontal one.
- Branches of various diameters should be placed vertically, diagonally and horizontally. Also attach a branch or shelf to the upper section of the enclosure's rear wall.
- A heat lamp is needed.
- Temperature: You need two thermometers - one on the basking spot (115f), one on the cold side (75-80f)
- Reptiles cannot regulate their body temperature on their own, that is why it is so important that the temperature is perfect.
- The basking lamp should be focused on a branch in the upper quadrant of the cage. Try not to get it too close to the branch, as frillies can easily burn the top of their frills by sitting under a hot light that's too close for too long.
- Substrate - reptocarpet, paper towel, or a mixture of coco fiber, play sand and organic potting soil with about a 2-inch depth.

UVB Light

- 5-0 or 10-0 depending on your enclosure. Has to be on 12h daily
- The lightbulb has to be changed every 4-6 months (even when it is bright and beautiful the UVB is just not there anymore).
- Without UVB light the calcium cannot be properly absorbed/metabolized.

Humidity

- Your enclosure needs a mister for 5-10 minutes every 2h 24/7 (spraying is usually not enough to keep the ideal levels of humidity).
- Ideal humidity 70% (please have a hygrometer to measure it).

Diet

Properly gut loaded crickets are the best for them

- Crickets have to be smaller than the space between their eyes.
- How to gut load crickets: Starve crickets for 8h, keep only the gel water in the cage (some of them will die). After that feed the crickets for a whole hour (feed the crickets with veggies with high vitamin A). Once they have eaten, offer them to the pet for 45 minutes to one hour. The crickets that have not been eaten should be removed from the cage.
- Mealworms every once in a while, is OK. The best worms to offer are the black soldier fly larvae.
- You can offer a small amount of salad daily (finely chopped fruits and vegetables (including squash, papaya, cantaloupe, bananas, berries, collard greens, mustard greens and carrots)
- Fresh water all the time (by dripping system)

Supplements:

- Calcium without vitamin D3 - once daily
- Calcium with Vitamin D3 - once every other week (excess vitamin D3 can cause renal failure)
- Multivitamin- once a week

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Soak

- Shallow warm water for 15 minutes
- Healthy animals 3 times a week is ideal.