



Brushing Your Pet's Teeth

Dental disease can affect cats and dogs regardless of breed, age or gender. Symptoms include bad breath, inflammation or bleeding of the gums, difficulty chewing, excessive salivation, infection, tooth loss and pain. You can significantly decrease the risk of dental disease by instituting an oral homecare regimen. Brushing your pet's teeth daily is the most effective way to prevent dental disease.



We can provide you with a **tooth brush** (though a human soft bristle brush is fine, or a finger cot with bristles) and **pet-approved toothpaste** that contains enzymes to help break down the bacteria that causes dental disease. Human toothpaste should never be used, as the fluoride can make your pet very nauseous. You will only be brushing the outside surfaces of the teeth; the tongue provides an abrasive surface to help keep tartar levels lower on the inside surfaces.

Pet's love consistency, so pick a time of the day that you can regularly brush the teeth and make this part of your daily pet care routine. Always remember to make tooth brushing a fun, positive experience with lots of attention and praise. Use the "Three Step Approach" listed below to transition your pet into the tooth brushing routine.



Week 1: Begin by stroking your pet's cheek, then simply allow your pet to lick a small amount of toothpaste off your finger. Do this once daily and don't forget to praise them afterwards.

Week 2: Place a small amount of toothpaste on your finger and use it to "paint" along the outer surfaces of the teeth and gums. No scrubbing/brushing at this point, we are simply trying to get them used to you being in their mouth. Finish with plenty of praise.

Week 3: Now you are going to start actually brushing the teeth. Use either a rubber finger brush or soft bristled pet toothbrush. You may have to experiment with each of these to see which works best for you and your pet. Your pet may only allow you to brush for 10-15 seconds the first few times. Hopefully, over time you will be able to work up to close to a minute or more of brushing.



Don't get frustrated, as your pet can read your emotions.

Keep things positive and it will get easier over time.



Hampton Veterinary Hospital
871 Lafayette Road (Route 1)
Hampton, NH 03842



Phone Number: (603) 926-7978
Fax Number: (603) 926 - 3071
Email Address: hamptonvethospital@yahoo.com