

# *How to brush your pets teeth*

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You just left the doctor's office and they have told you that it would be beneficial to your pet to brush their teeth to reduce the amount of plaque on them and prolong the amount of time between dentals. You are thinking to yourself, 'how on earth am I going to brush my pets' teeth?' It is possible to brush their teeth but it will take a little while for them to get used to having it done. So remember to go slow and remain optimistic.

## **Step 1: Finding a flavor of tooth paste that your pet likes.**

There are several different flavors of tooth paste that are made for pets. Tooth paste that is made for humans should not be used because the fluoride that is found in human tooth paste can be toxic to pets. There are starter kits available that contain a sample tube of toothpaste, a brush and a finger tip brush. Cedar Grove Veterinary Services carries the Virbac® line of oral health care products including the oral hygiene kits. To determine which flavor your pet likes the most let them lick some of the tooth paste off of your finger. You will want to do this for several days until your pet is comfortable with the tooth paste.



## **Step 2: Introducing the tooth brush to your pet.**

Once your pet is comfortable with the tooth paste it is time to introduce the tooth brush to them. To do this let them lick the tooth paste off of the brush instead of your finger. Again let them do this for several days until they are comfortable with it.

## **Step 3: Brushing your pets' teeth.**

Now that your pet is comfortable with the tooth paste and the tooth brush you can start to brush their teeth. Start with just the front teeth and slowly, over several days or even weeks, expand that to the whole mouth. You do not need to brush the insides of their teeth because enzymes in their saliva help keep that area clean.

The ultimate goal is for your pet to look at having their teeth brushed as a treat just like when they get a biscuit for doing a trick for you. It is recommended to brush your pets' teeth daily. With a lot of patience and an optimistic mind you can be well on your way to keeping your pet healthier.

For more information feel free to contact Cedar Grove Veterinary Services at 920-668-6212 or email us at [info@cgvet.com](mailto:info@cgvet.com).

