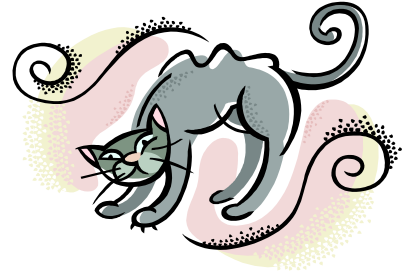




Cedar Veterinary Group How to Start Brushing Your Cats Teeth



- ❖ Daily tooth brushing is the single most effective way of keeping your cat's mouth healthy and disease free. Take your time over getting your cat used to tooth brushing - don't try and do everything perfectly on Day 1. Expect the training to take **up to 6 weeks** until you and your cat are happy with this new daily routine.
- ❖ Don't get disappointed or frustrated with your progress. It has to be fun & whatever you achieve will benefit your pet's health
- ❖ Special toothpastes have been developed that are safe for pet use. These toothpastes are made in attractive flavours, such as chicken, which pets will enjoy.
- ❖ Don't forget to replace the toothbrush every 3 months
- ❖ One day start brushing on the left hand side of the mouth and work round to the other side and the next day start on the right to ensure even cleaning

Stage 1

Choose the same time every day to get into a routine.

Hold your pet as if you are cuddling him/her. Gently stroke the outside of the cheeks with your finger only (no brush) and slowly lift the lips on each side for about 30 seconds. **Reward, praise and treat** at the end of each session or feed.

Continue daily for 1 week before moving onto next stage.

Stage 2

Hold your cat on a table or your lap with their bottom facing your chest. Use one arm to hold your pet still and place your other hand flat on top of the head. Move the thumb onto the gum line and whilst rotating the head slightly to the side pull your thumb back exposing the top teeth.

Using your thumb you can lift the top lip and examine the teeth. Your fingers can then lift the lip on the other side and expose the teeth on that side. Finally you can gently press down on the lower lips to enable the teeth on the lower jaw to also be exposed.

Place a 5 pence piece size of CET toothpaste on your finger and let your cat sample it. Then using your index finger, wipe the toothpaste around your pets teeth and gums starting at the front. Over the next two weeks work up to getting your finger further back on both sides of the upper and lower jaw and increase the time spent doing it. **Aim to start at 20 seconds working up to 1 minute**

Stage 3

Place some toothpaste onto the toothbrush and holding your cat as above let them lick it off the toothbrush to get used to the bristles. Then starting on the small front teeth slowly move the brush in a circular movement over each tooth. Remember not to try and do too much initially. Over a period of weeks you can gradually increase the length of time spent cleaning and try to ensure the brush works up to the gum line which increases the effectiveness of the cleaning. **Aim to achieve 30 seconds - 1 minute of each side of the mouth.**

Give your pet something to smile about....fresh breath and a happier, healthier life.