

# DOWNES

Veterinary Surgeons

## Oral hygiene for your pet

### The right diet

Diet can be a major factor in the development of plaque and tartar. Prescription diet foods can aid the removal of plaque. On the other hand, canned foods may contribute to plaque build-up and subsequent periodontal disease.

Specially treated chews are available and can be used in addition to tooth brushing and can also be helpful for cases where you are unable to brush your pet's teeth.

### Introducing teeth brushing into your pet's routine

Restrain your pet by gently holding it around the muzzle. Lift the lip to expose the teeth.

**Day 1** Gently stroke the outside of your pet's cheeks with your finger only (no brush) and slowly lift the lip for about 30 seconds. Give your pet praise and a small treat at the end of every day's session.

**Day 2** Repeat as above and also place a small amount of toothpaste on the end of your finger and let your pet sample it.

**Day 3** As day 2, but this time gently run your finger or finger toothbrush and a small amount of toothpaste over your pet's teeth for 30 - 45 seconds.

**Day 4** As day 3, adding 15 seconds time to running your finger or finger toothbrush over your pet's teeth.

**Day 5** If all is going well run your finger over the teeth for 30 seconds and then gently insert the toothbrush and again run over the teeth for 30 seconds.

**Day 6** As day 5 but increase the time by 30 seconds.

**Day 7** By now you should be aiming to spend at least one minute on each side of the mouth.

### How to be successful

Be patient. Take time with the process or else your pet will resist.

Always praise your pet. Praising will make them more receptive.

Remember to always put a small amount of animal toothpaste on your finger or toothbrush. Your pet will like the taste and will associate it, the praise and the treats with tooth brushing. Note that human toothpaste is for humans and not for pets.

If your pet shows any sign of aggression stop immediately and call us for further advice.

*This does wonders for my confidence...*



*our contact details:*

**Leigh On Sea Surgery**  
**932 London Road**  
**Leigh on Sea,**  
**Essex SS9 3NG**  
**01702 478834**

**Rayleigh Surgery**  
**28 Eastwood Road**  
**Rayleigh**  
**Essex SS6 7JQ**  
**01268 776883**

**Thorpe Bay Surgery**  
**27 Shoebury Road**  
**Thorpe Bay**  
**Essex SS1 3RP**  
**01702 584511**



*If you're not sure how to do it – phone us up – we'll talk you through it!*