

At-Home Dental Care for Pets

Dental Health Overview: Dental disease is one of the most common issues seen in veterinary medicine. Regular at-home dental care can help prevent serious dental issues like gingivitis, periodontal disease, and tooth loss. Establishing a dental care routine can make a big difference in your pet's long-term health and comfort.

Brushing Your Pet's Teeth: Brushing is the gold standard for maintaining your pet's dental health. Aim to brush your pet's teeth at least 3-4 times a week. Use a pet-safe toothbrush and toothpaste (never human toothpaste).



How to Brush:

1. Start slowly and use positive reinforcement to make the process enjoyable.
2. Gently lift the lip and brush the outer surfaces of your pet's teeth in a circular motion.
3. Focus on the upper teeth and the back molars where plaque builds up most.
4. Gradually work your way to the lower teeth.



Brushing

in 4 easy steps

Step 1: Get comfortable.

- Set expectations that getting used to brushing might take several sessions, so reward your pet through the training process and remember to keep it positive and be patient.
- Practice lifting their lip to see their teeth and reward with praise.

Step 2: Try toothpaste.

- You can wrap your index finger in gauze or use a finger toothbrush.
- After your dog is comfortable, lift his lip and gently rub the pet toothpaste over his teeth and gums.

Step 3: Toothbrush time.

- Introduce the toothbrush provided by your veterinarian.
- If desired, place a small amount of pet toothpaste on the brush and gently start brushing.

Step 4: Brushing success.

- Brush teeth and gums gently and finish with the bottom front teeth.
- Focus on the outside of the teeth — the surface facing the cheek is most prone to plaque and tartar buildup.
- When finished, offer him praise and plenty of love. Let your dog know what a great pet he is and make brushing a positive experience.



Water Additives: Water additives can help reduce plaque and tartar buildup. They're a good option for pets that aren't receptive to brushing.

- **How to Use:** Simply add the recommended amount to your pet's water bowl each day.
- **Benefits:** Some additives also help control bad breath and improve overall oral hygiene.

Dental Chews: Dental chews can help reduce plaque and tartar. However, not all chews are created equal. Look for products approved by the Veterinary Oral Health Council (VOHC) to ensure their effectiveness.

VOHC-Approved Products: Dental chews, treats, and toys with the VOHC seal have been scientifically proven to help reduce plaque and tartar.

Helpful Resources:

- **VOHC Accepted Products List:** [VOHC Accepted Products](#)
- **Dental Care Article on Veterinary Partner:** [Dental Care for Pets](#)