

## Your Cat's Dental Health



The ideal way to care for cat's teeth is to brush them, this needs to be done with pet toothpaste as cats cannot have fluoride which is in human toothpaste. Cat toothpaste is normally meat or fish flavoured so is generally well tolerated, to brush cats' teeth you can either use a small headed toothbrush or a finger toothbrush. Here is a quick step by step guide on how to do it:

- Put a small amount of toothpaste on your finger and let your cat lick it to get used to the taste. If you cat doesn't want to lick it off your finger, put a small amount on their nose and let them lick it off.
- Before brushing your cats teeth get your cat used to being held and you opening their mouth, this can either be done on your own or with a little help.
- Once your cat is used to you handling them around their head/mouth slowly and gently open you cats mouth, you can then slowly start to use the toothbrush, this should be done in small circular motions starting at the back of the mouth. This should be done for around 30-40 seconds.
- Remember to praise your cat as you are doing this to help keep them relaxed.

If tooth brushing isn't an option for your cat, there are other products that can help with dental care:

- Food- you can buy specially designed to help reduce Tatar build up, these are dry food.
- Chlorhexidine washes- these are mouth washes that can be put along the gum line, this helps with bacteria build which contributes to plaque.
- Food supplements- these can be added to food/water which again helps with the reduction of Tatar build up.
- Gels- These are again put along the gumline.