



Brushing Your Kittens Teeth

All cats are healthier, more comfortable, and likely to live longer lives if they have their teeth brushed regularly. Over time unbrushed teeth can accumulate more tartar, they can become infected, loose, and even fall out, which is painful and unhealthy for your cat. It also traps bacteria in the mouth of your cat and can be dangerous to the whole body.

Supplies Needed:

- Cat Toothpaste- Such as C.E.T. Enzymatic Toothpaste
- A soft toothbrush – You can buy brushes specifically made for cats, a small and soft child-sized brush, or the finger caps.
- Cat Treats

Step 1: Start training your kitten to let you look in its' mouth. Start slowly at first, looking in the mouth for a brief second, holding the lips up momentarily, and just taking baby steps. Positively reinforce your kitten with a treat or piece of kitten food to make the experience positive.

Step 2: When you are ready to start brushing, apply a small pea sized amount of enzymatic toothpaste to a soft brush, and start brushing the teeth. Work through a few teeth, and if your kitten or you need a break, then stop and resume brushing later. Treat when done brushing, and gradually work up to brushing all of the teeth.

Your kitten may become vocal or squirmy during this process, not because they are in pain, but because holding still can be extremely hard as a kitten.

Tips and Trick:

- **Brushing should never take more than 1 minute!**
- You do not have to brush the inside surfaces of the teeth. Instead brush the outer surface you see, as that is where tartar and plaque accumulate.
- Brush every day!
- Treat your kitten after brushing their teeth.
- You can visit www.vohc.org for additional products to aid in dental care (water additives, treats, toys, etc).

Remember - daily brushing does not replace the need for a yearly oral exam!