



THE *Feline* HOSPITAL

81 Webb Street, Salem, Mass., 01970 (978)744-8020

Kathleen K. Ternes D.V.M., DABVP Elaine M. Bird, D.V.M. Holly E. Willard, D.V.M.

How to Brush your cat's teeth

1. Place your cat on a firm surface (i.e. countertop, washer or dryer) and stand behind them. If cat is reluctant to stay, practice having your cat sit on the table for 5-10 seconds then put cat down and give them a treat. Continue this daily, gradually increasing time until cat stays comfortably for at least a minute. Once this is accomplished you are ready to move on to the next step!
2. Standing in the same position, cradle cat's head in one hand, tilt their head up and gently scratch under the chin. Switch hands & repeat on the opposite side. Do this once a day until cat seems at ease with it.
3. Thirdly, gently cradle the head again with your left hand, placing your thumb behind the eyes and ears & your middle and index fingers under the chin. Use just enough pressure, but not so much that the mouth opens (not a vice grip). Next, with your right index finger, gently lift up the lip and rub the teeth on that side of mouth. You will feel your finger drop off the edge of the back teeth. Repeat this procedure on the opposite side.
4. The next step is to put a little toothpaste on your finger and use the technique performed in step 3. The toothpaste is poultry or seafood flavored and does not need to be rinsed out. Most cats consider it quite tasty!
5. Finally use either a finger cot or a small regular toothbrush and brush the teeth in an up and down motion.

Remember:

- Take each step gradually, this process may take up to 6 months to get to the toothbrush stage.
- Offer your cat a treat at the end of every session as a reward for their accomplishments.
- You cannot brush the inside of cats' teeth, their naturally rough tongue takes care of that.