

# Toothbrushing - Getting started!



Brushing your pet's teeth regularly is important to help their mouth and gums stay healthy.

Introducing brushing into your pets' daily routine might be daunting but the following seven-day plan will help to get you started!

**Day 1:** Gently stroke the outside of your pet's cheek with your finger and slowly lift up the lip for about 30 seconds. Reward, praise and treat

**Day 2:** Repeat as above, placing a small amount of toothpaste on the end of your finger and letting your pet sample it

**Day 3:** Repeat 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. Reward, praise and treat

**Day 4:** Repeat Day 3, but for 45-60 second. Reward, praise and treat

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

**Day 6:** Repeat Day 5, increasing the time by 30 seconds

**Day 7:** Aim to spend at least one minute on each side of the mouth.

For further advice, please speak with your veterinary surgeon or veterinary nurse.

Please visit [www.vohc.org](http://www.vohc.org) for all accepted dental products with scientific evidence

<https://youtu.be/AR1EG6CZd4o?feature=shared>

