



# 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 cat is comfortable, lift her lip and gently rub the pet toothpaste over her 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. *Hint: Pet toothpaste, chicken broth and tuna juice can make it more acceptable for your cat.*



### 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 her praise and plenty of love. Let your cat know what a great pet she is and make brushing a positive experience.



If you have any questions, ask your vet to show you how. Visit [PetDental.ca](http://PetDental.ca) For more helpful pet dental health tips.