

# Feline Dental Care Routine

This playbook provides structured guidance on how to maintain a cat's oral health through regular teeth brushing and recognizing signs of potential dental problems. It aims to ensure that a cat's dental health is monitored and maintained effectively.

## Step 1: **Gathering Supplies**

Begin by assembling all necessary items for the teeth brushing session: a cat-specific toothbrush, feline toothpaste (never use human toothpaste as it can be toxic to cats), and potentially a towel or mat for your cat to sit on.

## Step 2: **Acclimation**

Slowly introduce your cat to the toothbrush and toothpaste. Let your cat sniff these items to become familiar with them. If possible, put a small amount of toothpaste on your finger and allow your cat to lick it off to develop a taste for it.

## Step 3: **Brushing Technique**

Gently lift your cat's lips to expose the gums and teeth. Using a circular motion, softly brush a few teeth and the adjoining gum line. Ideally, aim to reach the back upper molars and canines, where plaque tends to accumulate most. Gradually increase the number of teeth brushed as your cat becomes more comfortable.

## Step 4: **Frequency**

Repeat this brushing routine several times a week, aiming for daily brushing if your cat tolerates it well. Consistency is key to maintaining dental health and getting your cat used to the process.

## Step 5: **Monitoring Health**

Regularly check your cat's teeth and gums for signs of dental issues. Look for redness, swelling, bad breath, discolored teeth, or reduced appetite. These can indicate dental disease and should prompt a visit to the veterinarian.

## Step 6: **Professional Care**

Schedule regular veterinary check-ups for professional dental cleanings and exams. Your vet can provide a thorough cleaning under anesthesia and identify any issues that may require intervention.

# **General Notes**

## **Toothpaste Selection**

Ensure the toothpaste is designed specifically for cats since fluoride and other ingredients in human toothpaste can be harmful. Feline toothpaste often comes in flavors appealing to cats.

## **Patience is Key**

Cats may initially resist teeth brushing. Be patient and give your cat time to adjust to the experience. Rewarding them after each session can help forge a positive association.

## Warning Signs

Do not ignore symptoms like persistent bad breath, visible tartar on teeth, mouth pawing, or difficulty eating. These could indicate dental issues or other serious health problems.

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