

## Dog Oral Hygiene

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We diligently brush our own teeth, morning, noon, night, but many of us neglect our Dogs oral hygiene. When in-fact, following the veterinarian-recommendations for your dog dental care is just as important as taking care of your own. It is recommended to brush your dog's teeth at least twice daily. This can help lower the chance of your dog suffering periodontal disease. For our two dogs, brushing their teeth is just as common as clipping their nails, and brushing their coat.

At the bare minimum I encourage you to brush your dog's teeth three times a week. This will help remove plaque, prevent tooth decay, and keep their breath smelling fresh. Without taking the time to sufficiently clean their teeth, your dog is at a much higher risk for gum disease and painful infections.

### How Do You Begin Brushing Your Dog's Teeth?

1. Introduce the toothbrush when your dog is happy and calm, and ideally when your dog is around 8-16 weeks of age.
2. Begin by first getting your dog familiar with you inserting your finger into your dog's mouth, and around their gums and under their jowls.
3. When your dog is comfortable with your finger, slowly introduce a toothbrush to them, and touch the toothbrush to their teeth. This is a new sensation and will probably require patience. You can purchase toothbrushes that are created and branded for dog use, but you can also you a child's toothbrush, a finger toothbrush or even a wet face cloth. It does not need to be fancy.
4. Introduce the approved dog toothpaste to your dog, just a little dab is sufficient. It is not safe to use human toothpaste while cleaning your dogs teeth, typically toothpaste created for human use contains ingredients that are not safe for your dog if ingested.
5. Remember to make this process fun! This does not need to be stressful, and if you or your dog are feeling uncomfortable, try again another day or time.