



Kate Beeders

The Breakthrough Success Expert

HOW TO GET STARTED WITH TEETH-BRUSHING FOR DOGS (a beginner's guide)

Can you tell I am a dentist's daughter?

Who else would want to write about teeth brushing for dogs :) Only 7% of dog owners brush their teeth, which is startling! And, another fun fact - the cost of professional dental cleaning for dogs has skyrocketed!

I learned so much from my beautiful Cairn, Cali (my heart dog), who I said goodbye to at almost 17 years of age. She was born with that rare jaw disease, CMO, and brushing her teeth her entire life was challenging. Unfortunately, she required a lot of professional dental care and lost many teeth. The first time the vet called me to say they needed to remove teeth (plural !!!), my Dad, the dentist, was very upset. Dog's smaller teeth, unlike human teeth, are often connected, so often many are extracted instead of only one.

Knowing how critical a dog's dental care is as it affects their vital organs, I brushed Destiny Star's teeth on day one to keep her as healthy as possible. I wanted to avoid what happened with Cali at age 15+, where I had to decide whether to have another dental cleaning she needed or the safety of not putting her as a senior dog at age 15+ under anesthesia because she had other health issues.

Here's what worked for me to start the teeth-brushing process, which Destiny Star now enjoys.

Start small (i.e., I put a little pet toothpaste - not "human" toothpaste- ask your vet for recommendations)- on my fingers and just rubbed a few of Destiny Star's teeth to start.

Each day, I would do a few more teeth, so Destiny Star got comfortable having something in her mouth and on her teeth.

Once I felt she was comfortable, I switched to a toothbrush. Your vet may have free samples of toothbrushes for you to try, buy them online, or use a kiddie toothbrush to start.

Then, I started brushing her teeth daily. You may have to check around to find the brush you like. It should have soft bristles, and the bristles shouldn't fall out of the brush.

Please ask your vet to show you pointers because it will help you do a great job. For example, my vet showed me how to pull down her lip to get at her molars (rear teeth).

Per our holistic vet (I learned this from Cali's care), I use coconut oil (you can buy a jar at the market) and rub a little on her gums. I also put some on a little gauze square and pick one or two teeth to clean them even better (make sure your pup doesn't try to swallow the gauze as it will taste good to them).

I'm not an expert - this information is what I have learned from both general and holistic veterinary care. Be patient and consistent - brush every day. It will pay off for both of you. Always speak to your vet about dental care, as they are the expert.

Every visit to the vet, I have them check Destiny Star's teeth to ensure I'm not missing an area. Even with regular brushing, a little plaque may occur. However, you want to ensure it's not reaching the gum area or that's there's too much plaque, as that is when you'll need more frequent professional dental cleanings.

A few vets will remove the plaque of a dog's teeth without anesthesia (they scrape the teeth giving the dog a mild sedative), but as these vets are rare, this is not the optimal solution.

If you brush daily, you'll notice your happy dog has excellent dental hygiene, is healthier, has sweet-smelling breath, will live longer and has a lovely smile:). And you'll save a lot of money on professional cleanings!

⇒ **Check out more free resources at <https://www.forever-cali.com>**