



DENTAL HOME CARE INSTRUCTIONS

What was done:

A thorough teeth cleaning includes all of the following steps in this order:

1. Each tooth is inspected for looseness, chipped enamel, and for pockets below the gum line;
2. Extraction (pulling) of any teeth which are seriously damaged or diseased;
3. The tartar buildup on teeth is removed by hand scaler or with a ultrasonic dental hand piece;
4. Root planning is scaling the tooth surfaces cleaning any pockets that are below the gum line;
5. The teeth are polished to create a smooth surface by removing microscopic bits of tartar and smoothing out tiny grooves. This is a very important step as it makes it more difficult for plaque to stick to the tooth surface;
6. The gums and any pockets are thoroughly rinsed first with water and then again with an antiseptic solution to help control infection present and to delay tartar buildup;

TODAY: Going home:

Your pet has had a procedure to clean polish and remove any diseased or damaged teeth. It is always necessary to give pets a general anesthetic to enable us to reach and clean all areas of the mouth, with the least amount of discomfort to your pet. In all cases pets are given a mild sedative and medication for pain before the cleaning and polishing. Therefore:

- ***He/she may be drowsy or less active for the rest of the day, but their activity should be back to normal tomorrow;***
- ***He/she may be somewhat unsteady for the rest of the day.***

When you get home, please observe the following points:

- Avoid vigorous activity – ***let them rest;***
- Watch them closely when going up or down stairs, or jumping on or off furniture; and
- Allow only a small amount of water or food – about $\frac{1}{4}$ the normal amount.

Some patients have had teeth removed. Older animals may seem quite slow to start eating again so it may be helpful to ***feed soft food for a few days*** until their gums have healed. Feeding soft food, canned or moistened dry food, may be helpful for any pet whose mouth seems to be sore.

Long-term teeth care:

Today we have cleaned and polished your pet's teeth. To ensure they remain in good condition we advise a daily or twice weekly teeth cleaning regimen. Regular brushing will break down the daily deposit of plaque (the film of food and bacteria that forms on the teeth) before it hardens into tartar.

Most animals will allow some amount of teeth cleaning if you make the experience pleasurable and start out gradually.

Begin with slow, gentle handling of your pet's mouth. Massage along the cheek side of the teeth and gumline with your finger. Make this a comfortable and relaxing time for your pet and give them lots of praise. These first sessions may only last a few seconds, but gradually increase the amount of time that you are in the mouth as your pet becomes more comfortable having his mouth handled.

Once your pet accepts your handling of his mouth, you may wrap a soft cloth or gauze around your finger to wipe the teeth. If this is acceptable to your pet, you may then progress to a finger toothbrush or pet toothbrush. Use toothpaste that is specially formulated for your pet on the gauze or brush as human toothpaste can cause your pet stomach irritation if swallowed.

Always give frequent praise and the occasional treat as a reward for your pet's cooperation; as with all obedience activities, you reward the behavior you want.

Other Aides to Cleaner Teeth:

Oral Rinse A soothing, refreshing and highly palatable mouth rinse that has antimicrobial properties. This rinse is alcohol-free and may provide temporary relief of minor gum irritation.

Chew Toys There are now many different chew toys, such as a Dental Kong, Chewees, or the Pedigree Dental-bone, that may be used to help prevent plaque buildup. These items can be quite helpful for dogs that are active chewers.

Oral Chews Are tasty, chewable pieces made from dried fish for cats and dried beef and poultry for dogs. These chews are formulated with enzymes to aide in the reduction of tartar build up in your pet's mouth after dentistry.

Dental Diet Helps prevent the accumulation for plaque and tartar.

Water Additives Will help fight plaque and calculus.