

# How to brush your pet's teeth

Good oral hygiene can keep your pet's breath fresh and clean.  
It can also keep them healthy.



## What you'll need



**Remember:** Never use human toothpaste on your pets. Many brands contain ingredients that are unhealthy for pets, such as:

- **Fluoride** (causes vomiting and nausea)
- **Hydrogen peroxide** (causes vomiting and nausea)
- **Xylitol** (toxic for dogs and cats)

## How to do it

### Step 1:

Lift the upper lip and angle the brush along the gum line at a 45° angle.

### Step 2:

Brush outsides of teeth in a circular motion, about 30 seconds on each quadrant.

### Step 3:

If your pet is cooperative, brush the insides of teeth with a similar circular motion.

### Step 4:

Reward your pet for a job well done!

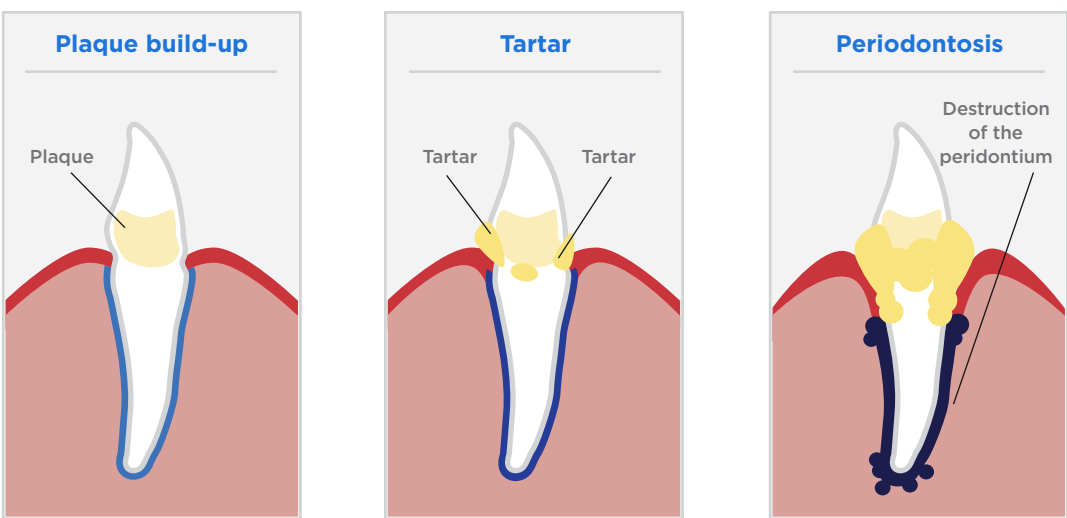


### Pro tip:

Before you start a regular brushing routine, get your pet comfortable with having their teeth and gums touched. Start with your fingertip, then use a washcloth before introducing the toothbrush.

## Get regular checkups with a professional

Just like people, pets should get a dental checkup one to two times per year. Your veterinarian can perform an exam of overall tooth and gum health and do a more thorough cleaning than you can at home.



Regular exams and professional cleanings help to prevent plaque and tartar build-up that can lead to serious gum disease, oral surgery and tooth loss.

Average cost of a routine cleaning\*

\$382

Average cost of pet dental disease surgery\*

Dog  
\$1,037

Cat  
\$986

\*2021 Nationwide claims data

## Fun fact:

Puppies and kittens generally lose their baby teeth **between 4 and 6 months**.

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or call **800-672-9259** for a free, no-obligation quote today.

