

Dental Home Care

There are many things you can do to help delay the buildup of plaque on your pet's teeth. *None of these treatments removes the tartar (mineralized) that is already present.*

All work better with a clean slate.

Key Points:

- Home care can be active or passive.
- Active home care is 3x more effective than passive.
- It has been shown that active homecare done daily is beneficial, yet brushing/wipes done less than 3 times weekly is equal to not doing it at all.
- VOHC products have proven efficacy; look for the seal.
- Home care slows the changes by 20-60%, thus does not replace the need for annual anesthetic dental procedures.
- In a study of pets 1yr after an anesthetic dental procedure, those that had daily active homecare had 15% likelihood of a problem in 1yr, while those that had no or irregular homecare had 45% chance of a problem. That's a 3-fold difference!
- In a study of 20lb dogs only aged 1-7yrs, with owners declining to do home care, 98% progressed to bone loss in 60 weeks and it was 6 weeks faster for each year of age.
- In order to avoid tooth fracture, all pets should have nothing without flex for life (no bones, hooves, nylabones, antlers, and no nonflexible rawhides).
- Choose toys that are bendable, compressible or can indent with your thumbnail without the nail bending.

The most effective homecare you can do is brushing/wipes daily or every other day.



ANIMAL DENTISTRY
REFERRAL SERVICES

515-344-3776
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Passive Home Care

Dental Diets:

Using specially formulated VOHC foods such as Royal Canin Dental Diet can delay the build up of tartar. This diet works by keeping the special “fiber” kibble in contact with the tooth at the gum line to scrub away the plaque while the “tartar control” coating on the food works like tartar control toothpaste to reduce plaque when eaten. Regular dry food does not have these properties.

Chews and Treats:

The natural mechanical action of chewing is good to help delay plaque build up as well, but be aware: Not all treats are created equal. Research shows VOHC products actually work to delay calculus. Using non-flexible objects such as bone, hooves, or antlers have only a mechanical action and are known to break teeth.

Veggie Dents are affordable and loved by patients. They are fully digestible and would dissolve in just a glass of water, preventing problems if your pet decides to swallow the treat instead of chewing.

OraVet Dental Hygiene Chews are very tasty. These chews contain delmopinol, which provides a barrier to the teeth, inhibits bacterial attachment, and reduces bad breath.

For cats, give 10-15 Tartar Shield Cat Treats per day, - they're only ONE calorie per piece and prevent tartar build up by over 40%!

Additives:

VOHC Healthy Mouth Rinse is a natural product with research. It can be used to a) replace your pet's drinking water (1ml/6cups, lasts up to 2 weeks mixed); b) mixed into a squirt bottle to use as a tasty rinse (3ml/4oz lasts up to 2 weeks mixed); or c) applied directly to the teeth like as a wipe. If you select a rinse, be sure it does not contain xylitol as that can cause pet illness.

Plaque Off products contain a brown algae that can slow plaque accumulation by up to 35%.

Sanos is the only home care that you do not have to remember. Sanos is a sealant that is applied after a dental cleaning while under anesthesia that works at the gumline for up to 6 months. It forms a glassy surface on which calculus does not have much of a scaffold to attach. It is best for teeth with gum recession but may help normal teeth as well.

Active Home Care

Brushing/Wipes:

Of course, just as it is for us, tooth brushing is the best single method of home dental care for your pet. Brushing should be done with a finger toothbrush or a dental wipe as they are most reliable at reaching the gingival sulcus (the space between the gum and the tooth).

MaxiGuard wipes have a textured surface that can trap and show the plaque you've removed by brushing. They contain a tasteless zinc solution that aids in soft tissue healing. Using wipes takes less than a minute per day and is nearly 3 times more effective than passive home care choices.

Adding toothpaste to the wipe can add a treat action and additional benefit. VOHC PetSmile beef, chicken, or cheese flavor toothpaste has been shown to reduce plaque by up to 60%. CET poultry or vanilla mint flavors are other toothpaste tastes that can be tried. These toothpastes are specifically formulated to be safe, effective, and appealing to your dog or cat, and “unlike” people toothpastes, are meant to be swallowed.



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