

Dog Teeth-Brushing Log

Brushing is the gold standard of home dental care: plaque can harden into tartar within about a day, and once tartar forms, only a professional cleaning removes it. **Aim for daily brushing**; at least three times a week is the minimum that helps. Build up slowly, and tick off every session below.

FILLABLE PDF – TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

DOG'S NAME

PET TOOTHPASTE

NEXT VET DENTAL CHECK

BUILD UP OVER A FEW WEEKS

- 1

Touch first: rub a finger or soft cloth along the outside of a few teeth, then reward.
- 2

Taste test: let your dog lick a little **pet** toothpaste from your finger.
- 3

Cloth plus paste: wipe the outer surfaces of more teeth each session.
- 4

Brush: about 30 seconds per side on the outer surfaces, cheek teeth and canines first.
- 5

Keep it short and happy: stop before your dog wants to, and end with praise.
- 6

Fresh brush every 3 months, one brush per dog.

BRUSHING LOG · TICK EACH DAY

WEEK OF	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES

Never human toothpaste. Some contain **xylitol**, which is toxic to dogs, and fluoride isn't meant to be swallowed. Use toothpaste made for dogs. Chews with the **VOHC seal** can help, but they don't replace brushing.

See your vet if you notice bad breath, bleeding, loose teeth, drooling, pawing at the mouth or dropping food. Plan a full dental exam and cleaning under anesthesia as your vet advises; anesthesia-free scaling is cosmetic only.