



After a Dental: Recovery Checklist

PETSLIKEMINE

TEETH & MOUTH

The soft-food fortnight, the pain-relief plan, what is normal, and when to call the vet

PET NAME

DATE OF DENTAL

RECHECK APPOINTMENT

She is home and a bit wobbly while the anaesthetic lifts. Take the worry off yourself: the most common thing owners tell us at the recheck is "she is eating better than she has in months". We have not added pain, we have taken away the diseased tooth that was causing it.

THE FIRST EVENING

- ☐ Wait until she is properly awake and steady (usually a few hours), then offer a small amount of soft food, not a full meal.
- ☐ Feed her separately from other pets, so nobody steals it and she can eat at her own pace.
- ☐ Warm it gently: warm food smells stronger and tempts a sleepy patient. Try wet food, or her kibble soaked to a mush.
- ☐ A quiet first evening is fine; aim for her to be interested in eating something within about 24 hours.

THE SOFT-FOOD FORTNIGHT (ABOUT 10 TO 14 DAYS; YOUR VET'S TIMELINE WINS): NO CHEWS OR HARD TOYS WHILE IT HEALS

SOFT FOOD IS FINE

- ☐ Wet food from a tin or pouch (mince or paté for cats, not big chunks)
- ☐ Her usual kibble soaked in warm water or a little low-salt broth until it squashes easily
- ☐ Bland toppers she fancies, to get her started

KEEP AWAY FROM THE HEALING MOUTH

- ☐ Dry biscuits and hard kibble
- ☐ Dental chews, rawhide, antlers and bones
- ☐ Hard toys, and tug or fetch with hard objects

Go back to normal food gradually once your vet gives the all-clear at the recheck.

THE PAIN-RELIEF PLAN (WRITE IT DOWN, FOLLOW IT EXACTLY)

GIVE THE MEDICATION YOUR VET SENT HOME, WITH FOOD, FOR THE FULL COURSE

She is kept comfortable by nerve blocks while asleep and medication to take home (often an anti-inflammatory painkiller given with food). Give it exactly as the label says, for the full course, even once she seems bright. **Never** add anything from your bathroom cabinet: ibuprofen and paracetamol are dangerous to pets, paracetamol lethal to cats. If she needs more, ring your vet, never the cupboard.

MEDICATION (AS WRITTEN BY YOUR VET)

WHEN / WITH FOOD

LAST DOSE GIVEN

COURSE ENDS

WHAT NORMAL RECOVERY LOOKS LIKE

- ☐ Quiet and sleepy for the first day or so; some drooling and blood-tinged saliva on the first day is normal.
- ☐ Eating gingerly or on one side at first, then getting bolder over a few days.
- ☐ Dissolvable stitches melt away on their own, so there is no second trip; do not brush the sites or prise the mouth open to inspect them.
- ☐ A cone may be fitted if she paws at her face. Most pets are visibly brighter within a few days.

CALL THE VET IF

She will not eat beyond 24 hours, bleeding does not settle after day one, the face or jaw swells, she seems in pain despite her medication, or she is off her food or vomiting on the painkiller (stop it and ring first). When in doubt, phone.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. The mouth that hurt to eat with is gone, and what is left heals fast. Keep the food soft and the chews away, give the pain relief on time, and go to the recheck. A wellbeing aid, not a substitute for veterinary advice.

SOFT FOOD, NO CHEWS OR HARD TOYS, PAIN RELIEF ON TIME, AND THE RECHECK