



## **Anchorage Dentist Invites Patients To Get Their Teeth Checked Ahead Of The New Year**

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Anchorage, AK based Healthy Smiles Dental is reminding their patients that this may be the best time for them to get their regular checkup done and out of the way in time for 2020. Despite the advent of the winter months and the accompanying holiday season, the dental practice is remaining available to any and all patients who wish to have their oral health professionally examined.

As the clinic notes, "The holiday celebrations may be around the corner for most people, but you need not wait until the festivities are done to get your teeth and gums examined. If you've been putting off your checkup or any other procedure for some time, this may be your best chance to get an appointment before the season ends and everyone else decides to begin their "spring cleaning" with a check up of their own." In other words, those who have not found the time to visit their dentist over the past six months or who simply do not like crowds are welcome to schedule a session with Healthy Smiles Dental.

The practice further states, "Some people may find that cold weather makes their teeth feel more sensitive. Many are aware of the fact that a poor diet or other unhealthy habits can contribute to increased sensitivity at low or high temperatures, but fewer know that this is also a perfectly normal experience for healthy teeth."

Healthy Smiles Dental explains that teeth, like many materials, can expand and contract depending on their environment. Over time, this can lead to cracks that expose the vulnerable tissue beneath the enamel. The resulting pain, as any unfortunate victim will attest, can feel quite similar to that brought on by cavities, gum disease, and other poor oral habits. Learn more here: [Dentist Anchorage](#).

While there are a number of solutions that can be used to minimize or even remedy such a situation, the practice strongly recommends that anyone who experiences such sensitivity or pain immediately seek out their dentist's advice. "Your dentist at Healthy Smiles Dental can examine you and check whether your pain is due to poor habits or simple seasonal changes," says the practice. "They will often recommend an appropriate treatment to address the issue. Such remediations can be as simple as referring the patient to certain types of toothpaste but they may also include scheduling a filling, root canal, and so on. In any case, your dentist will always be able to tell you the best way to reduce your pain so you do not have to suffer through the holidays while everyone else has fun."

Healthy Smiles Dental makes their patients' comfort a priority at every visit. Given that they understand how uncomfortable some people can be with visiting their dentist, they do everything in their power to ensure that each and every patient enjoys the benefit of a relaxing and welcoming environment.

According to the practice, "We offer many technologies and amenities to ensure you have a pleasant dental experience, such as massaging, heated dental chairs, neck pillows, blankets, movies, super effective topical anesthetic, The Wand computerized anesthesia system, digital x-rays, and stereo headphones to name just a few." They add, "We work with most insurance plans and are experts at helping you receive the maximum benefit from the premiums you have paid. We have several financing options and payment plans available and will always work within your budget."

This commitment to their patients and their overall well being is reflected in the rave online reviews that the practice has accumulated over the course of their work. A recent Facebook review by Becky Kotter states, "Dr. Preece was exceptionally thorough, good at his work, genuine, and kind. I finally feel I have a dentist that I can trust as much as my dad (who was also a dentist)! His staff was equally kind and easy to work with, making me feel welcome. I will be taking my family to Healthy Smiles Dental for future work!"

Those who would like to get their teeth checked as soon as possible are encouraged to reach out to the practice's staff or contact Dr. Terry J. Preece directly to follow up on any further inquiries they may have. More information can also be found on the clinic's website, here: <https://www.anchoragehealthysmiles.com/>.

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For more information about Healthy Smiles Dental, contact the company here: [Healthy Smiles Dental](#) Dr. Terry

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## Healthy Smiles Dental

*At Healthy Smiles Dental, we recognize that dentistry is an art and a science. Our goal is to provide our guests with the smiling, healthy confidence they seek at the greatest level of comfort possible.*

Website: <https://www.anchoragehealthysmiles.com/>

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