

Art and Science Family Dentistry Releases New Blog Post to Help Patients Overcome Dental Anxiety

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Woodbury, MN - Art and Science Family Dentistry, a leading dental practice in Woodbury, MN, is proud to announce the release of their latest blog post, "Tips To Help You Feel Calm and Relaxed at Your Next Dental Appointment." This informative and compassionate piece is designed to help patients who experience dental anxiety discover effective strategies for achieving a more comfortable, stress-free dental experience.

With over 50 years of experience serving the Woodbury community, Art and Science Family Dentistry has long been dedicated to providing exceptional dental care in a warm, welcoming environment. The practice recognizes that dental anxiety is a common concern affecting countless individuals, and they are committed to helping their patients overcome these fears and maintain optimal oral health.

"At Art and Science Family Dentistry, we believe that everyone deserves a positive dental experience," said dentist Dr. Renee Kinney. "We understand that visiting the dentist can be a source of stress and anxiety for many people, and we want to do everything we can to help our patients feel calm, relaxed, and confident

during their appointments."

The new blog post offers a wealth of valuable tips and strategies for managing dental anxiety, including the importance of open communication with your dental team, learning about your upcoming procedure, and practicing relaxation techniques such as deep breathing exercises, progressive muscle relaxation, and guided imagery.

The post also encourages patients to bring comfort items to their appointments, such as a favorite music playlist or a cozy blanket. It discusses various options, like nitrous oxide, available at Art and Science Family Dentistry for those with more severe dental anxiety.

"We are thrilled to share this important information with our patients and the wider community," said Dr. Kinney. "By empowering individuals with the knowledge and tools to manage their dental anxiety, we hope to help more people prioritize their oral health and achieve the beautiful, healthy smiles they deserve."

A patient, Kay, shared this 5-star review: ?I was greeted with a very warm welcome, which immediately calmed my fears. I hadn?t been to the dentist in 4 years and am a new patient at this facility. It was a very calming experience. They were so thorough about explaining each and every procedure. Gail, the dental assistant that cleaned my teeth (big job), was fabulous, highly recommend them. Dr Renee is so nice and again explained everything in a very understandable, kind manner. Highly recommend this facility. Professional and courteous and very understanding of my fear of the dentist.?

In addition to the tips and strategies outlined in the blog post, Art and Science Family Dentistry emphasizes the importance of working together with their patients to ensure a successful, stress-free dental visit. The practice encourages patients to schedule their appointments in the morning when the office tends to be less busy, communicate with the dental team in advance about their anxiety, and bring a supportive friend or family member to their visit.

The blog post also highlights the value of relaxation techniques that can be used during the appointment itself, such as listening to calming music or a meditation app, practicing slow, deep breathing, and engaging in guided imagery.

"We want our patients to know that they are not alone in their dental anxiety and that we are here to support them every step of the way," Dr. Kinney shared. "By working together and utilizing the strategies outlined in our new blog post, we believe that anyone can achieve a more positive, comfortable dental experience."

The release of this blog post is just one example of Art and Science Family Dentistry's ongoing commitment to patient education and empowerment. The practice regularly shares valuable information and resources on

its website and social media channels, covering a wide range of oral health topics and helping patients make informed decisions about their dental care.

As a trusted dental clinic in Woodbury, MN, community for over five decades, Art and Science Family Dentistry has built a reputation for providing exceptional, compassionate care to patients of all ages. The practice offers a full range of dental services, including preventive care, restorative treatments, and cosmetic dentistry, all delivered by a team of skilled, experienced professionals who prioritize patient comfort and well-being.

With the release of "Tips To Help You Feel Calm and Relaxed at Your Next Dental Appointment," Art and Science Family Dentistry reaffirms its dedication to helping patients overcome dental anxiety and achieve optimal oral health. The practice invites individuals who experience dental anxiety to read the blog post, reach out with any questions or concerns, and schedule an appointment to experience the difference that a compassionate, knowledgeable dental team can make.

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Art & Science Family Dentistry

Art and Science Family Dentistry is a locally-owned private practice dental clinic, and we are proud to be taking care of Woodbury?s dental needs for over 50 years. Our doctors and team members are your neighbors and part of your community.

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