

White Bear Lake's Award-Winning Dentist Shares Tips for a Brighter, Healthier Smile This Holiday Season

Dr. Sarah Boo, White Bear Lake's Best Dentist for 5 years straight, shares expert holiday tips to help families maintain brighter, healthier smiles this season.

Sarah Boo, DDS PA
FAMILY & COSMETIC DENTISTRY

Dr. Sarah Boo, DDS PA - Logo

WHITE BEAR LAKE, MN, UNITED STATES, November 25, 2025

/EINPresswire.com/ -- As families across Minnesota prepare for holiday gatherings, photos, and year-end celebrations, Dr. Sarah Boo, DDS, PA, one of White Bear Lake's most trusted dental professionals, is sharing expert tips to help residents maintain brighter, healthier smiles

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Healthy, confident smiles don't happen by accident. With the right care and guidance, families can protect their teeth through the holidays and enjoy a brighter start to the new year.”

Dr. Sarah Boo, DDS PA

throughout the festive season. Recently voted Best Dentist for Five Consecutive Years, Dr. Boo blends preventive care, cosmetic expertise, and artistic precision to help patients look and feel their best during the busiest time of year.

For more than 60 years, the Boo family name has been synonymous with dental excellence in White Bear Lake. Today, Dr. Boo continues that legacy with a modern, art-inspired clinic that serves patients from Mahtomedi, Vadnais Heights, Shoreview, Hugo, North Oaks, Lake Elmo, and the greater Twin Cities region. Her approachable, education-focused care style has helped generations of

families understand how small, everyday choices impact long-term oral health.

Holiday Habits Can Affect Your Smile | Dr. Boo Shares What to Watch For

With seasonal treats, late-night events, and travel disrupting daily routines, the holidays often bring an increase in dental issues. According to Dr. Boo, a few simple steps can protect teeth, reduce sensitivity, and keep smiles bright during the months when most people want to look their best.

1. Be mindful of sugary snacks and acidic beverages.

Holiday staples like cookies, caramel, wine, and sparkling drinks can weaken enamel if consumed too frequently. Rinsing with water between indulgences can make a significant difference.

2. Avoid using your teeth as “tools.” Opening packaging, tearing ribbon, or biting nuts can lead to cracks or chips. “Your teeth are designed for chewing food, not opening presents,” Dr. Boo advises.

3. Keep a travel-sized dental kit handy.

For families on the go, brushing and flossing may fall behind. Keeping a small kit in the car or bag helps maintain consistency and reduces holiday plaque buildup.

4. Consider touch-up whitening before photos and gatherings.

Professional whitening, offered in-office or as a custom take-home treatment, is an effective way to brighten your smile safely for holiday events.

5. Schedule preventive care before the new year.

Many patients use dental benefits or the Healthy Smile Membership Plan to complete exams and cleanings before the calendar resets.

Cosmetic Options for a Confident Holiday Smile

As the season brings reunions and photo moments, many patients explore cosmetic dentistry to refresh their smiles. Dr. Boo provides natural-looking improvements through services such as veneers, bonding, porcelain crowns, whitening, and dental implants. Her work blends artistry and precision, allowing her to design smiles that complement each patient’s facial features.

More information about cosmetic options is available at:

Services: <https://drsarahboo.com/services>

Contact: <https://drsarahboo.com/contact>

A Dental Clinic Unlike Any Other

Dr. Boo’s clinic stands out in the region for its unique design and atmosphere. Original artwork



White Bear Area Chamber of Commerce

by Dr. Boo decorates treatment rooms and hallways, creating a warm, inviting setting that helps reduce anxiety for both children and adults. A baby grand piano in the reception area adds to the creative ambiance, offering a one-of-a-kind environment that blends art and dentistry seamlessly.

“Dentistry is not just science,” says Dr. Boo. “It’s art. Whether we’re performing a routine cleaning or a complete cosmetic transformation, our goal is to create results that look natural, feel comfortable, and make each patient proud of their smile.”

About Dr. Sarah Boo, DDS, PA

A graduate of the University of Minnesota School of Dentistry, Dr. Sarah Boo has been serving families in White Bear Lake since returning to practice alongside her father. Her approach combines modern dental technology, ongoing education in cosmetic dentistry, and an artistic background that guides her aesthetic treatments. She continues the Boo family’s tradition of compassionate, community-centered care that began in 1961.

Dr. Sarah Boo

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