

Dr. Kooper Ruminer Brings a Championship Team Mindset to 405 Dental Aesthetics

The former college football player applies principles of discipline, preparation and teamwork to leading his Oklahoma City dental practice

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In just one year, [405 Dental Aesthetics](#) has distinguished itself in Oklahoma City by creating a patient experience that feels more like visiting a luxury spa than a traditional dental office. From aromatherapy and curated music to a modern state-of-the-art lounge atmosphere with elevated hospitality,

405 Dental Aesthetics is redefining what patients can expect from a dental visit. Founded by [Dr. Kooper Ruminer](#), the first-in-class practice was built on a simple philosophy: when patients come first and team culture thrives, exceptional outcomes naturally follow.



405 Dental Aesthetics, a state-of-the-art boutique dental practice located in Oklahoma City, Oklahoma

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In football, every player has a role & every position matters. Business is no different. When you put the right people in the right positions & empower them to succeed, amazing results are achieved.”

Dr. Kooper Ruminer, founder of 405 Dental Aesthetics

Recently celebrating its one-year anniversary, 405 Dental Aesthetics has quickly established itself as a destination for personalized, boutique dental care. Dr. Kooper Ruminer and his team take a highly tailored approach to treatment, ensuring every care plan is customized to each patient's unique goals and needs, from general and restorative dentistry to advanced cosmetic procedures such as 3D printed veneers for smile makeovers.

"Patient experience is at the center of everything we do," states Dr. Kooper Ruminer, founder of 405 Dental Aesthetics. "We want people to feel comfortable, heard,

and genuinely cared for from the moment they walk through our doors. [Cosmetic dentistry](#) is personal, and every patient deserves an exceptional experience"

Long before opening his business, Dr. Ruminer developed many of his leadership principles on the football field. He now applies those principles in his practice today. Growing up in Deer Creek, Oklahoma, he excelled as a competitive athlete, earning a full-ride scholarship to play football at the University of Central Oklahoma. The experience instilled in him the values of discipline, preparation, accountability, and teamwork...principles that now shape the culture of his practice. Much like a successful athletic program, Dr. Ruminer has built his business around communication, collaboration, clear goals, and a shared commitment to excellence.

Just as championship teams are built on a strong foundation, Dr. Ruminer attributes the rapid growth of his practice to three key principles:

- Mindset for Success. Like preparing for game day, Dr. Ruminer believes every successful practice begins with a plan. Whether establishing daily priorities, setting monthly goals, or creating performance incentives, the team operates with clear objectives and a shared commitment to excellence.

- Motivation Through Leadership. Dr. Ruminer views himself not only as a dentist, but also as both a leader and a coach. He works to inspire and empower his team by reinforcing core values such as discipline, hard work, integrity, and accountability. The culture at 405 Dental Aesthetics emphasizes that there are no shortcuts when it comes to delivering exceptional patient care.

- Practice and Continuous Improvement. Athletes constantly train to improve their performance, and Dr. Ruminer believes healthcare professionals should do the same. Team members are encouraged to continually grow, sharpen their skills, and strive to become the best versions of



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themselves both professionally and personally.

"I've always believed that success is built through preparation, consistency, and surrounding yourself with great people," explains Dr. Ruminer. "In football, every player has a role and every position matters. Business is no different. When you put the right people in the right positions and empower them to succeed, amazing results are achieved."

That "team-first" philosophy has helped create a culture where collaboration, accountability, and patient experience remain top priorities. Patients visiting 405 Dental Aesthetics quickly discover that the practice was designed to challenge traditional expectations of a dental office. Blending a boutique, hospitality-driven atmosphere with advanced technology, Dr. Kooper Ruminer has created an environment centered on comfort, personalization, and high-quality care.

As 405 Dental Aesthetics enters its second year, Dr. Ruminer remains focused on thoughtful growth while continuing to raise the standard for patient-centered dentistry in Oklahoma City. He believes success is ultimately measured by the patient experience - if individuals leave feeling healthier, more confident, and cared for in a way that exceeds their expectations, then he has achieved his goal. Today, Four Zero Five offers comprehensive dental care for patients of all ages, from general and restorative dentistry to advanced cosmetic procedures with a focus on comprehensive smile makeovers. To learn more or schedule a complimentary consultation, visit 405DentalAesthetics.com.

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About Dr. Kooper Ruminer:

Dr. Kooper Ruminer is the founder of 405 Dental Aesthetics, a state-of-the-art boutique dental practice located in Oklahoma City, Oklahoma. Dr. Ruminer earned his Doctor of Dental Surgery degree from the University of Oklahoma College of Dentistry. The practice offers comprehensive dental care for children and adults, combining advanced technology with a highly personalized, patient-first approach. Services include cosmetic, restorative, general, emergency, and sedation dentistry, as well as aligners, implants, and no prep veneers. Follow @405.Dental to see smile makeovers and confident, natural results from @DoctorKooper. Learn more at 405DentalAesthetics.com.

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