

Carmen Santana-Paine, DMD: Your Trusted, Patient-Focused Dentist in the Seacoast Area

Restoring Comfort, Function, and Natural Beauty—Making Every Portsmouth Dental Visit a Breeze



Portsmouth, New Hampshire Sep 24, 2025 ([Issuewire.com](https://www.issuewire.com)) - Carmen Santana-Paine, DMD, an esteemed practitioner of general, cosmetic, and neuromuscular dentistry, has been transforming lives and smiles since 2001 through her dedication to comprehensive dental care. As the proud owner and operator of Bay Breeze Dentistry in Portsmouth, New Hampshire, Dr. Santana-Paine is committed to

treating her patients' dental health as a whole, emphasizing the importance of optimal health models in dentistry to restore comfort, function, and natural esthetics.

With a strong focus on airway dentistry and TMD (temporomandibular disorder), Dr. Santana-Paine strives to uncover the root causes of dental issues that often contribute to broader health concerns, such as sleep apnea and chronic pain. Her approach goes beyond traditional dentistry, aiming to diagnose and address underlying conditions that affect her patients' well-being.

"Dentistry is not just about teeth; it's about people and their overall health," says Dr. Santana-Paine. Growing up, she was inspired by how her dentist was able to transform people's lives through genuine care and comfort. This early realization has fueled her passion for dentistry, leading her to focus on the comprehensive care that each patient deserves.

At Bay Breeze Dentistry, Dr. Santana-Paine has created an outstanding dental experience where patients can discover the "why" behind their dental problems. Whether in pain or seeking the smile of their dreams, she is ready to guide patients along their dental journey while helping them achieve true wellness.

Dr. Santana-Paine's educational journey is impressive, including a Bachelor of Science Degree from the University of Kentucky and a Doctor of Medicine in Dentistry Degree from the University of Kentucky College of Dentistry (2001). She completed a General Practice Residency at the University of Kentucky Dental Clinic (2002) and has received certifications from prestigious institutions, such as the Pankey Institute (2011) and TruDenta (2014).

Dr. Santana-Paine's professional affiliations are numerous, including the American Dental Association, the Alliance of American Dental Association, the New Hampshire Dental Society, the American Academy of Cosmetic Dentistry, the American Academy of Dental Sleep Medicine, the SPEAR Education - Faculty Club, the SPEAR Study Club, and Vivos Therapeutics. Her expertise has been recognized by New Hampshire Magazine, naming her one of the state's Top Dentists.

Dr. Santana-Paine's commitment to high-quality and comprehensive dentistry is evident in the welcoming and nurturing environment she has cultivated at Bay Breeze Dentistry. Patients are encouraged to explore the underlying causes of their dental issues, allowing for personalized care tailored to their unique needs. This individualized approach fosters collaboration between Dr. Santana-Paine and her patients, ensuring long-term solutions that enhance both dental health and quality of life.

Whether addressing routine dental care or complex cases involving airway function and jaw disorders, Dr. Santana-Paine blends advanced technology with a holistic approach to offer tailored treatments. Her dedication to continuing education ensures she remains at the forefront of dental innovations, especially in areas like cosmetic laser services and comprehensive diagnostic methods.

Through a modern and innovative approach, Dr. Santana-Paine incorporates cutting-edge protocols to diagnose and treat airway problems, sleep disorders, and other issues that may impact overall health. Her goal is to provide comfort to those who once suffered from dental pain and to reveal the beauty that was once hidden.

At Bay Breeze Dentistry, patients can rest assured they are in expert hands, receiving personalized care that goes beyond the surface to address their holistic well-being. Whether patients seek relief from dental pain or aspire to achieve the smile of their dreams, Dr. Santana-Paine stands ready to guide them on their dental journey toward true wellness.

Outside the office, Dr. Santana-Paine enjoys spending time with her husband, two sons, and their yellow lab. She loves attending her sons' hockey games and swim competitions, as well as traveling and catching up with friends.

Learn More about Dr. Carmen Santana-Paine:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/148327-Carmen-Santana-Paine-Dentist> or through Bay Breeze Dentistry, <https://baybreezedentistry.com/about/dentist/>

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