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Practice Questions

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1. The patient mentions feeling a rough surface on the occlusal aspect of her molar teeth. Which teeth are most likely to have a natural central groove? Please refer to the "details" for more context.

- A. Maxillary canines
- B. Mandibular lateral incisors
- C. Mandibular central incisors
- D. Permanent molars

2. Based on the clinical details provided, what is the likely class of cavity found on tooth #14 according to Black's classification?

- A. IV
- B. V
- C. II
- D. III

3. Given the following details, which vitamin is crucial for the patient's gum health during her orthodontic treatment? Attribute Details Age 16 Sex F Height 5'7" Weight 145 B/P 111/76 Chief Complaint "I'm unhappy with the way my teeth look. I am about to get braces. My orthodontist told me to have my teeth cleaned and cavities filled before he will put the braces on my teeth." Medical History The patient has asthma. Her last attack was 8 months ago. Current Medications Albuterol prn Dental History The patient has not been seen for 2 years. At her last appointment her teeth were cleaned and decay was diagnosed as a small DO on #29. Social History The patient is a student at the local high school. She plays trumpet in the school band.

- A. Vitamin A
- B. Vitamin C
- C. Calcium
- D. Iron

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4. During a dental examination, the clinician notices a unique ridge called the 'cervical ridge' on a tooth. Which tooth would this most likely be on? Refer to the details for any needed information.

- A. Maxillary central incisor
- B. Mandibular central incisor
- C. Maxillary canine
- D. Mandibular second premolar

5. After using her fluoride mouth rinse, what should the patient be advised to do according to the details?

- A. Rinse with water immediately
- B. Brush teeth immediately
- C. Avoid talking for 30 minutes
- D. Do not eat or drink for 30 minutes

6. The patient exhibits a white spot lesion on several upper anterior teeth, indicating early demineralization. Which fluoride application method would be most appropriate to reverse this condition? Refer to the details for relevant patient information.

- A. Systemic fluoride supplements
- B. Fluoride gel trays
- C. Topical fluoride varnish
- D. Mouthwash

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7. Refer to the details to determine which of the patient's teeth appear to have signs of occlusal decay that were not treated properly.

- A. 27
- B. 29
- C. 19
- D. 20

8. The patient mentions avoiding flossing because it causes her gums to bleed. What is the most probable reason for this?

- A. Gingival inflammation
- B. Flossing technique
- C. Dietary habits
- D. Toothbrush bristle type



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9. During a dental examination, the patient presents a cobblestone appearance on the oral mucosa. This characteristic feature is typically associated with which condition? Refer to the details for additional information.

- A. Lichen planus
- B. Oral herpes simplex
- C. Candidiasis
- D. Crohn's disease

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10. Based on the details provided, which of the following appearances of gum tissue should indicate periodontal health in the patient's mouth?

- A. Glossy with excess swelling
- B. Retracted with visible roots
- C. Coral/pink
- D. Puffy with redness

11. Given the details below, what should the dental hygienist advise the patient to do to minimize the risk of enamel demineralization and white spot lesions during orthodontic treatment? Case Details Patient Information Age 16 Sex F Height 5'7" Weight 145 Blood Pressure 111/76 Chief Complaint Unhappy with the appearance of teeth; preparing for braces Medical History Asthma (last attack 8 months ago) Current Medications Albuterol prn Dental History Last visit 2 years ago; decay on #29 (DO) Social History High school student; trumpet player

- A. Rinse with warm water after meals
- B. Increase fluoride use by using a fluoride toothpaste and mouth rinse
- C. Brush only once a day to avoid over-brushing
- D. Avoid all sugary foods completely

12. A new dental device is recommended for patients who have difficulty with thumb sucking, similar to how custom mouth guards are personalized for comfort and fit. Which type of device should be recommended for the best fit, according to the details?

- A. Custom-made dental appliance
- B. Standard-size dental appliance
- C. Pre-formed dental guard
- D. Non-adjustable appliance



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13. The patient reports that he struggles to floss because his floss often shreds between his teeth. Which of the following is NOT an area of education that the dental hygienist should address? Patient Details Age 15 Sex F Height 5'3" Weight 105 lbs B/P 110/70 Chief Complaint The patient experiences bleeding gums while flossing. Medical History No known allergies Current Medications N/A Dental History The patient wears braces. Social History The patient is a sophomore in high school and is active in the drama club.

- A. Choosing waxed floss to prevent shredding
- B. Demonstrating the correct flossing technique
- C. Recommending a water flosser as an alternative
- D. Selecting the appropriate flavor of dental floss

14. Based on the details provided, which deciduous tooth is likely retained longer than usual or possibly missing due to congenital reasons?

- A. C
- B. S
- C. K
- D. A

15. When preparing an anesthetic cartridge for a 9-year-old patient, what is the maximum volume of anesthetic solution that should be administered per injection? Patient Details Age Weight Medical Notes 9 85 lbs Patient is using Claritin 5mg qd for year-round allergies

- A. 0.9ml
- B. 1.8ml
- C. 3.6ml
- D. 5ml

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16. Based on the details, the patient requires a fluoride application but has metal-based dental restorations. Which type of fluoride should be avoided due to its potential to corrode these restorations?

- A. Stannous
- B. Neutral sodium
- C. Acidulated phosphate
- D. Fluoride varnish

17. The patient's father expresses concern over his son's year-round allergies. Microorganisms in which area of the mouth are most likely to exacerbate oral symptoms related to these allergies? Refer to the details for additional context.

- A. Tonsils
- B. Periodontal pockets
- C. Salivary glands
- D. Tongue

18. The details indicate the patient experiences difficulty with teeth alignment. What oral habit might be contributing to these dental issues?

- A. Mouth breathing
- B. Excessive soft drink consumption
- C. Tongue thrusting
- D. Frequent gum chewing

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19. Based on the details provided, which device is suitable for managing plaque on the surfaces of the teeth?

- A. Interdental brush
- B. All of the above
- C. Manual toothbrush
- D. Electric toothbrush

20. A young patient presents with a small, 3mm, round, red lesion on the inner lining of the cheek. Based on the details, what is this lesion most likely to be?

- A. hemangioma
- B. mucocele
- C. aphthous ulcer
- D. fibroma



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21. Review the details provided and identify the occlusal relationship noted when the maxillary canine is mesially positioned relative to the mandibular canine.

- A. Class I malocclusion
- B. Normal occlusal relationship
- C. Class III malocclusion
- D. Class II malocclusion

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22. The patient reports experiencing a metallic taste and increased oral acidity since using a new mouthwash. Which of the following is the likely cause?

- A. Tartar control toothpaste
- B. Inadequate brushing technique
- C. High acidity in the mouthwash
- D. Hormonal imbalance

23. During an oral examination, a patient's LR quadrant shows plaque deposits but no visible calculus. The periodontal pockets are all 2 mm or shallower, yet bleeding is observed at 3 sites. What PSR score should be assigned according to the details?

- A. 3
- B. 1
- C. 0
- D. 2

24. Based on the details, at what age should the patient expect her daughter's first permanent molar to erupt?

- A. 6 years
- B. 4 years
- C. 9 years
- D. 11 years

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25. Based on the details, how should the dental hygienist perform an examination of the patient's gums?

- A. She will ask the patient to bite down hard
- B. She will only use radiographic images
- C. She will press firmly to identify any growths
- D. She will inspect the gums visually and probe gently

26. Given the following details, what should the dental hygienist advise the patient to use for cleaning their dental prosthesis? Patient Age Prosthesis Type Oral Care Equipment Available 65 Removable denture Soft-bristled toothbrush, denture cleanser

- A. A washcloth with toothpaste
- B. The patient's toothbrush with tap water
- C. A soft-bristled toothbrush with denture cleanser
- D. A soft-bristled toothbrush with toothpaste

27. Based on the details provided, what condition related to hormonal changes is likely responsible for the patient's recent tooth mobility?

- A. Dental caries
- B. Pregnancy-related periodontal disease
- C. Gingival recession due to abrasive brushing
- D. Chronic bruxism

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28. Based on the details provided, at what age should she expect her baby to begin crawling?

- A. 6-10 months
- B. 8-13 months
- C. 11-15 months
- D. 12-18 months

29. Review the details provided about the mother's nutritional habits and determine what essential advice should be given regarding her own oral hygiene habits during breastfeeding.

- A. Breastfeeding prevents all types of dental problems in the mother
- B. Dental decay has no impact on the infant when breastfeeding
- C. The mother should avoid all types of oral hygiene products
- D. Maintaining oral health can prevent the transmission of oral bacteria to the infant



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30. Using the details provided, the hygienist assigns the patient a gingival index score of 2. What does this score indicate?

- A. Severe inflammation, spontaneous bleeding
- B. Mild inflammation, no bleeding
- C. Moderate inflammation, bleeding on probing.
- D. No inflammation or bleeding



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Answer Key & Explanations

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1. D — Permanent molars

Permanent molars typically have a central groove running mesiodistally across the occlusal table, which assists in efficient chewing and grinding of food.

2. C — II

Class II caries are found on the proximal surfaces of premolars and molars and are often associated with areas adjacent to the contact points. This type of decay is not found on the incisors or canines, positioning them distinctly within Black's classification system.

3. B — Vitamin C

Vitamin C is essential for the health of gums, especially in patients undergoing orthodontic treatment, as it helps maintain the integrity of connective tissues and prevents gum disease.

4. A — Maxillary central incisor

The cervical ridge is a significant enamel ridge seen on the facial surface of the maxillary central incisor, located near the cervical area, which is its identity.

5. D — Do not eat or drink for 30 minutes

Avoiding food and drink for 30 minutes after using a fluoride mouth rinse allows the fluoride to remain in contact with the teeth for a longer duration, enhancing its effectiveness in preventing dental caries.

6. C — Topical fluoride varnish

Topical fluoride varnish is the most effective method to treat early demineralization by promoting remineralization of enamel. Other methods, like systemic supplements, do not have a direct impact on surface-level lesions.

7. B — 29

Tooth #29 was diagnosed with decay on the disto-occlusal (DO) surface during the patient's last dental appointment, two years ago. Given the passage of time without treatment, this tooth is the most likely to have untreated occlusal decay.

8. A — Gingival inflammation

Bleeding gums during flossing are usually due to gingival inflammation, which results from plaque accumulation and inadequate oral hygiene. Educating the patient on proper flossing techniques can help reduce gum bleeding and inflammation.

9. D — Crohn's disease

Crohn's disease can exhibit oral manifestations that include a cobblestone appearance of the mucosa. It is an inflammatory bowel disease that affects the gastrointestinal tract.

10. C — Coral/pink

Healthy gums are typically coral pink in color. They are firm, pointed in contour, and have smooth margins



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without signs of redness, puffiness, or recession.

11. B — Increase fluoride use by using a fluoride toothpaste and mouth rinse

The application of fluoride is critical in preventing demineralization during orthodontic treatment. Fluoride strengthens enamel and can help prevent enamel breakdown which leads to white spot lesions. Regular brushing and using fluoride products are effective measures.

12. A — Custom-made dental appliance

A custom-made dental appliance is designed to fit an individual's mouth perfectly, offering maximum comfort and effectiveness. This is similar to custom mouth guards, which are tailored to fit snugly against the teeth.

13. D — Selecting the appropriate flavor of dental floss

The appropriate flavor of dental floss is not applicable. The patient should be educated on using waxed floss to reduce shredding and the proper technique to prevent gum damage. A water flosser could be recommended for easier cleaning with braces.

14. C — K

The tooth 'K' represents a primary molar that could be retained due to the absence of a permanent successor.

15. B — 1.8ml

A single dental cartridge typically contains 1.8ml of anesthetic solution. The maximum safe dose for a child depends on the anesthetic used, but it is typically one cartridge per injection site for children.

16. A — Stannous

Stannous fluoride should be avoided with metal-based dental restorations because it can cause corrosion due to its tin component. Neutral sodium fluoride and fluoride varnish are safer alternatives for patients with metal restorations.

17. D — Tongue

Microorganisms residing on the tongue can significantly influence oral symptoms, especially in the presence of allergies. The tongue harbors bacteria that may contribute to malodor and irritation, which are often aggravated by allergies. Proper tongue hygiene can help minimize these symptoms.

18. C — Tongue thrusting

Mouth breathing combined with tongue thrusting can lead to misalignment of the teeth and dental arch issues.

19. B — All of the above

All of the above options are effective for plaque removal on tooth surfaces. Each device plays a role in maintaining oral hygiene and reducing cavity risk.

20. A — hemangioma

Hemangiomas are regions of increased blood vessel growth and can present as red lesions due to the concentration of blood vessels. They are often benign and can occur as a congenital feature or due to minor trauma.

21. D — Class II malocclusion

A Class II malocclusion occurs when the upper teeth or jaw are positioned significantly forward relative to the lower teeth or jaw, often noticeable when the maxillary canine is positioned mesially relative to the mandibular canine.



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22. C — High acidity in the mouthwash

The metallic taste and increased oral acidity can be attributed to the high acidity level in the new mouthwash, which may alter taste perception and cause discomfort.

23. B — 1

A PSR score of 1 is assigned because bleeding is present, but no calculus is detected and pockets do not exceed 2 mm. If there were no bleeding and no plaque, it would score a 0. The presence of calculus would result in a score of 2.

24. A — 6 years

The first permanent molars, also known as the 'six-year molars,' typically erupt around age 6. These teeth are often the first permanent teeth to appear and are crucial for the development of the bite.

25. D — She will inspect the gums visually and probe gently

A proper examination of the gums involves a visual inspection and gentle probing to prevent discomfort and accurately assess gum health.

26. C — A soft-bristled toothbrush with denture cleanser

For cleaning a removable denture, it is best to use a soft-bristled toothbrush with a denture cleanser. Regular toothpaste may be too abrasive and can damage the denture.

27. B — Pregnancy-related periodontal disease

Hormonal changes during and after pregnancy can lead to pregnancy-related periodontal disease, which may cause tooth mobility. This condition can occur due to increased inflammation in response to plaque.

28. A — 6-10 months

Most infants start crawling around 6-10 months of age. Although there's variability among children, this is a common time frame for babies to begin moving independently.

29. D — Maintaining oral health can prevent the transmission of oral bacteria to the infant

By maintaining good oral health, the mother can reduce the risk of transferring cariogenic bacteria to the infant through oral contact, decreasing the child's risk of early childhood caries.

30. C — Moderate inflammation, bleeding on probing.

A gingival index score of 2 signifies moderate inflammation with bleeding upon probing, indicating some degree of gingival disease.



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