

ADEX/CDCA Florida Laws and Rules for Dentistry and Dental Hygiene Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

1. What must a prescription for the services of a Registered Dental Hygienist (RDH) include?
 - A. A statement of specific services and authorized frequency
 - B. A detailed list of dental instruments required
 - C. A patient's medical history summary
 - D. A list of medications prescribed

2. What supervision type involves a dentist being present and authorizing the procedure performed by a dental hygienist?
 - A. Direct supervision
 - B. General supervision
 - C. Indirect supervision
 - D. Non-supervised

3. Which of the following is not a sterilization process?
 - A. Steam autoclaving
 - B. Dry heat sterilization
 - C. Radiation or wiping down with alcohol
 - D. Ethylene oxide gas sterilization

4. Who must authorize every procedure performed by a dental hygienist?
 - A. Board of Dentistry
 - B. Patient
 - C. Dentist
 - D. Dental assistant

5. Which of the following actions is NOT typically required for monitoring hepatitis B?
 - A. Phone or visit to office monthly
 - B. Complete a questionnaire quarterly
 - C. Annual blood tests
 - D. Schedule follow-up appointments

6. What is required from an RDH when applying for license renewal?
 - A. Experience confirmation from employers
 - B. A sworn affidavit listing the date, location, sponsor, subject matter, and hours of completed education
 - C. Proof of medical insurance
 - D. A letter of recommendation from a dentist

7. Who enforces the guidelines and rules for contaminants pertaining to blood, saliva, and other bodily fluids?
 - A. The Florida Department of Health
 - B. The American Dental Association (ADA)
 - C. The Center for Disease Control and Prevention (CDC)
 - D. The Occupational Safety and Health Administration (OSHA)

8. What is the supervision level required for dental hygienists to make bleaching trays?
 - A. General supervision
 - B. No supervision
 - C. Indirect supervision
 - D. Direct supervision

9. What term is used for a license that is no longer valid due to non-renewal?
 - A. Nullified
 - B. Inactive
 - C. Void
 - D. Expired

10. What can an RDH do without the need for supervision?
 - A. Perform root planing
 - B. Provide authorized fluoride rinse programs
 - C. Take dental X-rays
 - D. Administer local anesthesia

Answers

SAMPLE

1. A
2. A
3. C
4. C
5. B
6. B
7. C
8. C
9. D
10. B

SAMPLE

Explanations

SAMPLE

1. What must a prescription for the services of a Registered Dental Hygienist (RDH) include?

- A. A statement of specific services and authorized frequency
- B. A detailed list of dental instruments required
- C. A patient's medical history summary
- D. A list of medications prescribed

A prescription for the services of a Registered Dental Hygienist (RDH) must include a statement of specific services and authorized frequency. This detail is essential because it outlines the exact nature of the dental hygiene services to be performed, ensuring clarity in the treatment being provided. By specifying both the services and how often they should occur, the dentist allows the RDH to perform the necessary procedures effectively within the established parameters. In contrast, while the detailed list of dental instruments, patient's medical history summary, and a list of medications prescribed are valuable in a dental context, they are not mandatory components of a prescription for RDH services. The focus of the prescription is on the services to be rendered, rather than the tools or supplemental information that might accompany the treatment.

2. What supervision type involves a dentist being present and authorizing the procedure performed by a dental hygienist?

- A. Direct supervision
- B. General supervision
- C. Indirect supervision
- D. Non-supervised

The correct answer is direct supervision. In the context of dental practice, direct supervision requires that a dentist be physically present in the office while a dental hygienist performs procedures. The dentist must authorize the specific procedures being performed and is responsible for overseeing the hygienist's work. This level of supervision ensures that the dental hygienist has guidance and support from the dentist during the procedure, promoting patient safety and adherence to protocols. Understanding direct supervision is essential for maintaining the legal requirements and ensuring that hygiene practices align with the standards established by regulatory bodies. It also helps reinforce the collaborative nature of dental care, where the dentist and hygienist work together closely to provide optimal patient outcomes. In contrast, the other supervision types indicate varying levels of oversight, ranging from general guidance to complete independence, which do not involve the dentist's direct presence during the procedures.

3. Which of the following is not a sterilization process?

- A. Steam autoclaving
- B. Dry heat sterilization
- C. Radiation or wiping down with alcohol
- D. Ethylene oxide gas sterilization

The reason "radiation or wiping down with alcohol" is the correct answer as not being a sterilization process lies in the definitions and effectiveness of the methods mentioned. Sterilization is the complete elimination of all forms of microorganisms, including spores, and is typically achieved through specific processes designed for that purpose. Steam autoclaving, dry heat sterilization, and ethylene oxide gas sterilization are all established methods that achieve sterilization by using controlled conditions—high heat and pressure, dry heat, and gas, respectively. Each of these processes is validated to effectively kill resistant bacterial spores, ensuring that instruments and materials are free from all viable microorganisms. On the other hand, wiping down surfaces with alcohol may reduce the number of pathogens but it does not guarantee the complete destruction of all microorganisms, especially spores. Likewise, radiation can be a sterilizing method under certain conditions, but the option in question typically refers to the method of surface disinfection rather than a thorough sterilization. Thus, it fails to meet the stringent criteria necessary to qualify as a sterilization process, making it the exception among the choices provided.

4. Who must authorize every procedure performed by a dental hygienist?

- A. Board of Dentistry
- B. Patient
- C. Dentist
- D. Dental assistant

A dental hygienist is required to have every procedure authorized by a dentist. This is rooted in the hierarchical structure of dental practice, where the dentist retains overall responsibility for patient care and treatment plans. The role of the dental hygienist is to provide preventive care and education, which is typically performed under the supervision and direction of a licensed dentist. Before a hygienist can perform any service, such as cleanings, fluoride treatments, or sealant applications, it is essential that the dentist has assessed the patient and established a treatment plan. This ensures not only patient safety but also adherence to legal and professional standards. Additionally, the authorization from the dentist conveys trust in the hygienist's capabilities while maintaining accountability for patient outcomes. This collaborative approach in dental settings ensures that all clinical aspects are aligned with the best practices and ethical considerations in patient care. Other potential choices, such as a patient or the Board of Dentistry, do not fulfill the requirement as directly as a dentist does. While patient consent is important in the overall process of health care, it does not replace the need for a dentist's approval before specific procedures are undertaken by the hygienist. The Board of Dentistry oversees regulations and licensure but does not directly authorize individual procedures. A dental assistant

5. Which of the following actions is NOT typically required for monitoring hepatitis B?

- A. Phone or visit to office monthly
- B. Complete a questionnaire quarterly
- C. Annual blood tests
- D. Schedule follow-up appointments

The choice indicating that completing a questionnaire quarterly is not typically required for monitoring hepatitis B is correct because standard practices for monitoring the condition focus more on direct clinical assessments, such as physical examinations and laboratory testing. Monitoring hepatitis B generally includes periodic blood tests to check liver function and viral load, along with scheduled follow-up appointments to evaluate the patient's overall health status and response to treatment. The requirement for annual blood tests aligns with these clinical practices, ensuring that any significant changes in the patient's health can be promptly addressed. Similarly, follow-up appointments allow healthcare providers to effectively manage the condition, discuss treatment options, and ensure adherence to necessary interventions. In contrast, while a questionnaire may be useful in specific contexts to gather patient information or track symptoms, it is not routinely mandated in standard monitoring protocols for hepatitis B. Therefore, the emphasis on clinical evaluations and testing makes the choice regarding the questionnaire the correct answer in this context.

6. What is required from an RDH when applying for license renewal?

- A. Experience confirmation from employers
- B. A sworn affidavit listing the date, location, sponsor, subject matter, and hours of completed education
- C. Proof of medical insurance
- D. A letter of recommendation from a dentist

When an RDH, or Registered Dental Hygienist, applies for license renewal in Florida, one of the primary requirements is to provide a sworn affidavit. This affidavit must include specific details such as the date, location, sponsor, subject matter, and the number of hours of education that the RDH has completed. This requirement ensures that dental hygienists remain current with their continuing education, which is crucial for maintaining competency in their practice. The education completed must meet the standards outlined by the Florida Board of Dentistry, highlighting the importance of ongoing professional development in the field of dental hygiene. Each detail included in the affidavit serves to verify that the RDH has engaged in relevant training that aligns with the state's licensing standards. The requirement for a sworn affidavit adds an element of accountability, as the RDH attests to the truthfulness of the information provided. This formal declaration is an essential process in verifying compliance with ongoing education mandates, thereby protecting both practitioners and patients.

7. Who enforces the guidelines and rules for contaminants pertaining to blood, saliva, and other bodily fluids?

- A. The Florida Department of Health
- B. The American Dental Association (ADA)
- C. The Center for Disease Control and Prevention (CDC)
- D. The Occupational Safety and Health Administration (OSHA)

The correct answer is that the guidelines and rules regarding contaminants in blood, saliva, and other bodily fluids are enforced primarily by the Occupational Safety and Health Administration (OSHA). OSHA is a federal agency tasked with ensuring safe and healthy working conditions by setting and enforcing standards, including those related to the exposure of healthcare workers and other employees to potentially infectious materials. OSHA's Bloodborne Pathogens Standard specifically outlines the procedures required to protect workers from health hazards associated with blood and other potentially infectious materials, making it central to the enforcement of regulations concerning contaminants in the workplace. This includes providing guidelines on proper handling of such materials, necessary protective gear, and training requirements for employees. While the CDC provides recommendations and guidance based on research and public health best practices, and the Florida Department of Health also plays a role in public health policy, it is OSHA that has the regulatory authority to enforce safety standards in the workplace. The American Dental Association (ADA) serves as a professional organization that advocates for dentists and dental practices but does not have enforcement authority over regulations regarding bodily fluids.

8. What is the supervision level required for dental hygienists to make bleaching trays?

- A. General supervision
- B. No supervision
- C. Indirect supervision
- D. Direct supervision

To manufacture bleaching trays, dental hygienists operate under the supervision level known as indirect supervision. This means that while the dentist must be available to consult and is responsible for the overall patient care, the dental hygienist can perform the task of making bleaching trays without the dentist being physically present in the operator. Indirect supervision allows the dental hygienist to use their professional judgment and training to create the trays, as long as they are following the general parameters set by the supervising dentist. This is consistent with the level of autonomy granted to hygienists in tasks that do not require direct, on-site oversight by a dentist. Understanding this supervision level is crucial for dental hygienists in practice, as it delineates the boundaries of their responsibilities and the collaborative framework within which they operate with dentists.

9. What term is used for a license that is no longer valid due to non-renewal?

- A. Nullified
- B. Inactive
- C. Void
- D. Expired

The term "expired" is used to describe a license that is no longer valid due to non-renewal. When a license expires, it means that the period during which it was valid has ended, and the individual is no longer legally permitted to practice until the license is renewed. In the context of dental and dental hygiene practice, licenses typically have a set renewal period, and failure to renew results in the license reaching its expiration date.

"Inactive" refers to a status where a license holder chooses not to practice but has not let their license expire; they could reactivate it without needing to go through the entire renewal process again. "Void" suggests that the license is invalid from the start or has been annulled for some reason beyond simply not renewing. "Nullified" implies an action has been taken to cancel or invalidate the license, which is not the same as it expiring due to lack of renewal. Understanding these distinctions helps clarify regulatory terminology in dental practice and the implications of licensure status.

10. What can an RDH do without the need for supervision?

- A. Perform root planing
- B. Provide authorized fluoride rinse programs
- C. Take dental X-rays
- D. Administer local anesthesia

The option that an RDH can perform without the need for supervision is providing authorized fluoride rinse programs. In Florida, registered dental hygienists have the authority to implement public health programs and provide preventive care such as fluoride treatments independently, especially in community settings where supervision is not required. This ability aligns with the public health role that dental hygienists play, as it allows them to contribute to community health initiatives and preventive care efforts without the immediate oversight of a dentist. Such programs are often structured to promote oral health in a broader population, making them a critical aspect of public health efforts. Root planing, taking dental X-rays, and administering local anesthesia typically require some level of supervision by a dentist in Florida. These procedures involve more direct patient care and clinical decision-making, which necessitates the oversight to ensure patient safety and adherence to clinical protocols. Thus, while hygiene practitioners are skilled and capable, certain tasks like those mentioned involve legal requirements that stipulate the need for a supervisory relationship.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://adexcdcaflawsandrules.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE