

Australian Dental Council (ADC) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

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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

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- 1. What is observed 1mm below the DEJ in cavity preparation?**
 - A. More dentinal tubules and less intertubular dentin**
 - B. Some dentinal tubules, more intertubular and less peritubular**
 - C. Equal amounts of dentinal and intertubular dentin**
 - D. More peritubular dentin and less intertubular dentin**

- 2. What is the maximum extension of a gingivally extended chrome cobalt cast clasp under the surveyor line?**
 - A. 0.5 under the surveyor line**
 - B. 0.25 under the surveyor line**
 - C. 1.0 under the surveyor line**
 - D. 0.75 under the surveyor line**

- 3. What type of restoration is most appropriate for a cavity that is very deep and close to the pulp?**
 - A. Composite resin**
 - B. Amalgam**
 - C. Pulp capping**
 - D. Glass ionomer**

- 4. What is another name for Denture Stomatitis?**
 - A. Angular cheilitis**
 - B. Chronic atrophic candidiasis**
 - C. Erythema multiforme**
 - D. Oral lichen planus**

- 5. Where does the final deposition of ameloblasts occur?**
 - A. Primary enamel cuticle**
 - B. Secondary enamel cuticle**
 - C. Acquired enamel cuticle**
 - D. Cementum**

- 6. What fluoride concentration recommendation is appropriate for a child older than 6 years if water fluoride level is between 0.3-0.6 ppm?**
- A. 0.25 mg**
 - B. 0.5 mg**
 - C. 1 mg**
 - D. No supplement is needed**
- 7. Upon giving dressing with CHKM solution during RCT, what should you do if the patient experiences severe pain the next day with tenderness but no swelling?**
- A. Replace with similar dressing and prescribe antibiotic**
 - B. Replace with corticosteroid paste**
 - C. Retrieve paper point surgically**
 - D. Remove the dressing for several days before replacing it**
- 8. Good oral hygiene and fluoridation is least effective in preventing caries in which area?**
- A. Pit and fissure**
 - B. Smooth surface**
 - C. Inaccessible areas**
 - D. Root surfaces**
- 9. In the context of periodontal disease, what is the role of proximal contacts?**
- A. Prevent food impaction**
 - B. Maintain proper tooth alignment**
 - C. Support overall tooth function**
 - D. Cause sensitivity if missing**
- 10. What is the significance of proper occlusal anatomy reconstruction?**
- A. To restore aesthetics only**
 - B. To ensure functional chewing**
 - C. To eliminate pain**
 - D. To improve hygiene**

Answers

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

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Explanations

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1. What is observed 1mm below the DEJ in cavity preparation?
- A. More dentinal tubules and less intertubular dentin
 - B. Some dentinal tubules, more intertubular and less peritubular**
 - C. Equal amounts of dentinal and intertubular dentin
 - D. More peritubular dentin and less intertubular dentin

The correct answer reflects the structural composition of dentin located just below the dentino-enamel junction (DEJ). At a depth of 1mm below the DEJ, there are changes in the amount and distribution of dentinal components. The presence of some dentinal tubules indicates that while dentin is still relatively close to the outer enamel, it becomes denser the deeper you go. More intertubular dentin is evident as you descend into the dentin layer. Intertubular dentin makes up the majority of the dentin matrix and is the mineralized tissue that surrounds the tubules. Additionally, there tends to be less peritubular dentin at this depth because peritubular dentin, which is the dense mineralized tissue lining the dentinal tubules, is more prominent near the DEJ. Overall, this option demonstrates an understanding of how the structure of dentin varies with depth, emphasizing the balance between intertubular and peritubular dentin and the density of the dentinal tubules.

2. What is the maximum extension of a gingivally extended chrome cobalt cast clasp under the surveyor line?
- A. 0.5 under the surveyor line
 - B. 0.25 under the surveyor line**
 - C. 1.0 under the surveyor line
 - D. 0.75 under the surveyor line

The maximum extension of a gingivally extended chrome cobalt cast clasp under the surveyor line is 0.25 mm. This specific measurement is important in the design of removable partial dentures (RPDs) to ensure that the clasps function effectively without compromising the health of the gingival tissues. A clasp that extends too far below the surveyor line may cause irritation or trauma to the gums, leading to inflammation or other periodontal issues. Design considerations in prosthodontics dictate that the clasp should not exceed this extension to maintain proper fit and support while allowing enough flexibility for retention. The 0.25 mm extension is considered optimal to ensure sufficient engagement with the tooth surface for stability and retention, while also safeguarding the soft tissues against excessive pressure or movement. This balance between retention and tissue health is fundamental in prosthodontic practice.

3. What type of restoration is most appropriate for a cavity that is very deep and close to the pulp?

- A. Composite resin**
- B. Amalgam**
- C. Pulp capping**
- D. Glass ionomer**

In cases where a cavity is very deep and close to the pulp, pulp capping is the most appropriate restoration option. This procedure is utilized specifically to protect the dental pulp when it is at risk of exposure due to decay or cavity preparation. Pulp capping involves placing a material over the exposed or nearly exposed pulp in order to promote healing and maintain the vitality of the pulp. The material used for pulp capping is typically biocompatible and promotes the formation of reparative dentin, thereby offering a protective barrier against bacterial infection and allowing the tooth to remain functional. In contrast, while composite resin and glass ionomer are commonly used materials for dental restorations, their properties make them less suitable for very deep cavities where pulp exposure is a concern. These materials do not have the same capability to directly interact with the pulp or promote healing. Amalgam, being a durable restorative material, also does not provide the necessary interaction and support for the pulp in deep cavities. Thus, the utilization of pulp capping in cases of deep carious lesions is vital to maintaining tooth health and preserving the dental pulp.

4. What is another name for Denture Stomatitis?

- A. Angular cheilitis**
- B. Chronic atrophic candidiasis**
- C. Erythema multiforme**
- D. Oral lichen planus**

Denture stomatitis is commonly referred to as chronic atrophic candidiasis. This condition tends to occur in patients who wear dentures, particularly when they do not maintain proper oral hygiene. The denture can create an environment conducive to the overgrowth of *Candida* species, leading to inflammation of the mucous membranes beneath the denture, characterized by redness and irritation. This condition is primarily fungal in origin and is particularly prevalent among individuals who have a compromised immune system or underlying health issues that may predispose them to fungal infections. In contrast, angular cheilitis involves inflammation and cracking at the corners of the mouth, typically resulting from various factors including fungal and bacterial infections but is not specifically linked to denture wear. Erythema multiforme is an acute condition that presents with sudden skin and mucous membrane lesions and is primarily associated with immune reactions rather than being specific to denture use. Oral lichen planus is a chronic inflammatory condition that affects the mucous membranes in the mouth but is unrelated to the wear and care of dentures. Thus, chronic atrophic candidiasis is the most appropriate term that aligns with the characteristics and causative factors of denture stomatitis.

5. Where does the final deposition of ameloblasts occur?

- A. Primary enamel cuticle**
- B. Secondary enamel cuticle**
- C. Acquired enamel cuticle**
- D. Cementum**

The final deposition of ameloblasts occurs at the primary enamel cuticle. Ameloblasts are specialized cells responsible for the formation of enamel during tooth development. After enamel is fully formed, these cells create a protective layer known as the primary enamel cuticle. This structure plays a critical role in the protection of the immature enamel surface immediately following its development. It is linked to the overall process of enamel maturation, where ameloblasts contribute to the final arrangement and mineralization of enamel. Other options pertain to different stages or aspects of enamel and tooth structure. The secondary enamel cuticle develops later in the process but is not directly associated with the final activity of ameloblasts. The acquired enamel cuticle results from the deposition of proteins from saliva and is not generated by ameloblasts, while cementum is a different tissue altogether, primarily associated with the tooth root rather than enamel. Understanding the roles of these various structures helps clarify the significance of the primary enamel cuticle in relation to ameloblast function.

6. What fluoride concentration recommendation is appropriate for a child older than 6 years if water fluoride level is between 0.3-0.6 ppm?

- A. 0.25 mg**
- B. 0.5 mg**
- C. 1 mg**
- D. No supplement is needed**

In children older than 6 years, when the fluoride concentration in water is between 0.3-0.6 ppm, the recommendation is to use a fluoride supplement in a dosage that accounts for the existing fluoride levels in their drinking water. The purpose of this supplementation is to help prevent dental caries while avoiding excessive fluoride exposure, which can lead to dental fluorosis. Given the fluoride level in the water, a supplement of 0.25 mg is appropriate. This dosage is considered safe and effective, providing additional fluoride without exceeding the recommended total daily fluoride intake, especially since children in this age group typically have a lower risk of fluorosis due to their enamel being more established compared to younger children. The other answers suggest higher amounts of fluoride which would not be suitable, as they could contribute to excessive fluoride intake, particularly in an area where water fluoridation is already providing a baseline level of fluoride exposure. Therefore, the correct approach balances the need for dental health while minimizing the risk of adverse effects from fluorosis, making 0.25 mg a well-considered choice.

7. Upon giving dressing with CHKM solution during RCT, what should you do if the patient experiences severe pain the next day with tenderness but no swelling?
- A. Replace with similar dressing and prescribe antibiotic
 - B. Replace with corticosteroid paste**
 - C. Retrieve paper point surgically
 - D. Remove the dressing for several days before replacing it

The scenario describes a situation where a patient experiences severe pain and tenderness after receiving a dressing with CHKM solution during root canal therapy, but there is no swelling. In this context, replacing the dressing with corticosteroid paste is a suitable approach. Corticosteroids have potent anti-inflammatory properties, which can help alleviate pain and reduce inflammation that may arise from the irritation caused by the dressing material or an inflammatory response to the treatment itself. These medications can provide relief and assist in calming the tissues, making them a practical choice in managing this kind of discomfort post-treatment. Other options, while they might seem appropriate at first glance, do not address the specific issue of inflammation as effectively as corticosteroids would in this scenario. Prescribing antibiotics could be useful if there were signs of infection, but without swelling or signs of systemic involvement, it may not be warranted here. Similarly, surgical retrieval of a paper point is an invasive option that might not resolve the patient's current symptoms of pain and tenderness. Lastly, merely removing the dressing for several days without addressing the underlying inflammation might prolong patient discomfort further and is not an effective management strategy. Therefore, using corticosteroid paste directly targets the pain and tenderness effectively.

8. Good oral hygiene and fluoridation is least effective in preventing caries in which area?
- A. Pit and fissure**
 - B. Smooth surface
 - C. Inaccessible areas
 - D. Root surfaces

Fluoridation and good oral hygiene practices have been shown to significantly reduce the incidence of dental caries in many areas of the teeth. However, they are least effective in preventing caries in pit and fissure areas. Pits and fissures are small, often deep grooves found on the chewing surfaces of back teeth (premolars and molars). These areas are more susceptible to caries because they can trap food particles and plaque, making it more challenging to clean effectively. Despite the availability of fluoride, which helps to remineralize and strengthen enamel, the physical characteristics of pits and fissures create an environment where bacteria can thrive, leading to a higher risk of decay. While smooth surfaces, inaccessible areas, and root surfaces have their unique challenges when it comes to caries prevention, pit and fissure caries are particularly concerning due to the difficulties in cleaning these areas thoroughly. This highlights the need for preventive measures like sealants specifically aimed at protecting pit and fissure areas, as they can provide a barrier against decay more effectively than standard oral hygiene and fluoridation alone.

9. In the context of periodontal disease, what is the role of proximal contacts?

- A. Prevent food impaction**
- B. Maintain proper tooth alignment**
- C. Support overall tooth function**
- D. Cause sensitivity if missing**

In the context of periodontal disease, proximal contacts play a significant role in preventing food impaction. When teeth are in proper contact with each other, they help to inhibit food particles from getting lodged between them, which can occur easily if the contacts are missing or compromised. This is particularly important for maintaining periodontal health, as accumulated food debris can lead to increased plaque accumulation and exacerbate periodontal conditions. Proximal contacts are crucial because they not only prevent food from getting wedged between teeth but also contribute to a healthy oral environment. If proximal contacts are lost or damaged, it may lead to areas that are more prone to inflammation and infection, worsening the profile of periodontal disease. Therefore, the primary function of these contacts in the context of periodontal disease revolves around minimizing food impaction and maintaining an environment that supports periodontal health.

10. What is the significance of proper occlusal anatomy reconstruction?

- A. To restore aesthetics only**
- B. To ensure functional chewing**
- C. To eliminate pain**
- D. To improve hygiene**

Proper occlusal anatomy reconstruction is crucial primarily because it ensures functional chewing. When occlusion is correctly aligned, it allows for efficient and effective mastication of food. This functionality supports not only the mechanics of chewing but also the overall health of the temporomandibular joint (TMJ) and the muscles involved in mastication. A well-constructed occlusion minimizes the risk of excessive wear on teeth, reduces the chances of developing temporomandibular disorders, and promotes better overall oral function. While the other choices highlight important aspects, such as aesthetics and pain elimination, they do not address the foundational importance of occlusion in facilitating the primary function of the dental system—chewing. Improved hygiene can result from proper reconstruction due to less food trapping between teeth, but the core significance lies in maintaining functional chewing ability.

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://adc.examzify.com>

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

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