

EXPANDED FUNCTION DENTAL ASSISTANT (EFDA) BOARD PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 an advantage of bevel placement at the margins during a composite preparation?**
 - A. Removes the outer layer enamel to enhance etching
 - B. Reduces the number of enamel rods for etching
 - C. Increases microleakage to the enamel rods
 - D. Reduces the surface area required for bonding
- 2. On which tooth would you need to replicate an oblique ridge when restoring an MOD?**
 - A. 2
 - B. 13
 - C. 30
 - D. 29
- 3. What is not a legal duty for an EFDA in Ohio?**
 - A. Place medication in pulp chambers of a tooth with a devital pulp.
 - B. Place and remove surgical dressings.
 - C. Perform a therapeutic intraoral adjustment of a fixed bridge.
 - D. Elect the shade for the fabrication of a porcelain veneer crown.
- 4. Which part of the maxillary first molar is the oblique ridge typically formed between?**
 - A. DB and MB cusps
 - B. ML and DB cusps
 - C. DL and ML cusps
 - D. MB and ML cusps
- 5. What type of bur is best suited for contouring composite restorations?**
 - A. Round bur
 - B. Flame-shaped bur
 - C. Cylinder bur
 - D. Cross-cut bur

- 6. All of the following are true regarding anatomy and occlusion of a class IV composite restoration on tooth 25 except:**
- A. The facial surface has 2 shallow fossa between three lobes
 - B. The lingual surface includes two marginal ridges
 - C. The lingual surface includes a cingulum
 - D. There should be no articulating paper marks on the restoration
- 7. What is the term for where the preparation meets the uncut tooth?**
- A. Point angle
 - B. Line angle
 - C. Proximal surface
 - D. Cavo surface margin
- 8. What is the primary reason for using a mylar strip during a composite restoration?**
- A. To provide support during placement
 - B. To enhance visibility of the restoration
 - C. To prevent contamination of the area
 - D. To provide a smooth surface for finishing
- 9. What is the primary purpose of using a rubber dam in restorative dentistry?**
- A. Enhancing patient comfort
 - B. To ensure proper isolation of the working field
 - C. Increasing visibility for the dentist
 - D. Minimizing treatment time
- 10. Which statement is true regarding the morphology of mandibular first permanent molars?**
- A. They have an oblique ridge
 - B. They are the largest teeth in the lower arch
 - C. They have 4 cusp tips
 - D. They are usually the last permanent teeth affected by caries

Answers

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

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Explanations

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1. What is an advantage of bevel placement at the margins during a composite preparation?

- A. Removes the outer layer enamel to enhance etching**
- B. Reduces the number of enamel rods for etching
- C. Increases microleakage to the enamel rods
- D. Reduces the surface area required for bonding

Bevel placement at the margins during a composite preparation is advantageous because it effectively removes the outer layer of enamel, which can enhance the etching process. This removal exposes a fresh layer of enamel for bonding and allows for a more effective adhesion of the composite material to the prepared tooth structure. By beveling the margins, you are creating a smoother transition between the tooth and the restoration, which can contribute to a more aesthetically pleasing outcome. Additionally, this preparation technique can improve the bonding strength of the composite material, as the fresh, unaltered enamel surface that is exposed typically means a better intimate contact with the bonding agents used. This results in a stronger, more durable restoration with less likelihood of failure over time due to issues related to bonding inadequacies. Overall, beveling optimizes the conditions necessary for successful adhesion in restorative dentistry.

2. On which tooth would you need to replicate an oblique ridge when restoring an MOD?

- A. 2**
- B. 13
- C. 30
- D. 29

Replicating an oblique ridge when restoring a mesial-occlusal-distal (MOD) cavity is necessary for maintaining the tooth's proper function and aesthetics. The oblique ridge is a prominent anatomical feature found on specific molars, particularly on maxillary first molars. In this context, the first tooth mentioned is the second maxillary molar. This molar typically possesses an oblique ridge, which runs from the distobuccal cusp to the mesiolingual cusp. The preservation of this anatomical structure is crucial for several reasons: it helps provide the necessary occlusal relationships, supports the functional integrity of the tooth, and maintains the overall biomechanics of the dental arch. When restoring an MOD cavity on a tooth that features an oblique ridge, the clinician must replicate this detail to ensure that the restoration integrates well with the surrounding teeth and functions effectively during occlusion. While other options could represent teeth with different anatomical features, the second option is specifically known for the presence of the oblique ridge, making it the correct choice for this scenario.

3. What is not a legal duty for an EFDA in Ohio?

- A. Place medication in pulp chambers of a tooth with a devital pulp.
- B. Place and remove surgical dressings.
- C. Perform a therapeutic intraoral adjustment of a fixed bridge.**
- D. Elect the shade for the fabrication of a porcelain veneer crown.

The role of an Expanded Function Dental Assistant (EFDA) in Ohio includes a variety of duties, but some tasks are strictly limited to licensed dental professionals such as dentists. Selecting a shade for the fabrication of a porcelain veneer crown falls under the responsibilities generally reserved for a licensed dentist or a dental technician; it requires clinical judgment and expertise in aesthetic dentistry that surpasses the EFDA's scope of practice. EFDAs do have the authority to perform tasks like placing medication in pulp chambers and managing surgical dressings, as well as therapeutic adjustments, but the specific activity of shade selection is not a legal responsibility for an EFDA. This differentiation is crucial to ensure safe and effective patient care while adhering to state regulations governing dental practices.

4. Which part of the maxillary first molar is the oblique ridge typically formed between?

- A. DB and MB cusps
- B. ML and DB cusps**
- C. DL and ML cusps
- D. MB and ML cusps

The oblique ridge on the maxillary first molar is a notable feature that is formed between the mesiolingual (ML) cusp and the distobuccal (DB) cusp. This ridge runs diagonally across the occlusal surface of the tooth, contributing to its unique morphology. The oblique ridge serves both functional and structural purposes, as it provides support during mastication while also aiding in the distribution of occlusal forces. Understanding the anatomy of the maxillary first molar is crucial for dental professionals, as this tooth plays a significant role in the overall occlusion and function of the dental arch. Recognizing the location of the oblique ridge helps in identifying key landmarks for restorative procedures, endodontic treatment, and understanding the wear patterns of occlusion. The formation of the oblique ridge between the mesiolingual and distobuccal cusps also highlights the importance of cusp relationships in the maxillary molars, which can assist in diagnosing issues related to occlusion and potential areas of wear or dental pathology.

5. What type of bur is best suited for contouring composite restorations?

- A. Round bur
- B. Flame-shaped bur**
- C. Cylinder bur
- D. Cross-cut bur

The flame-shaped bur is ideally suited for contouring composite restorations due to its unique design, which allows for precision and detail in shaping composite materials. Its tapered shape enables the dental assistant or clinician to create smooth, rounded contours, which are essential for achieving an aesthetically pleasing restoration that mimics the natural anatomy of teeth. The pointed end of the flame-shaped bur can also effectively reach intricate areas and refine the margins of a restoration, ensuring that it blends seamlessly with surrounding tooth structure. In contrast, while round burs can be useful for initial cavity preparation and rough shaping, they are less effective for fine contouring work. Cylinder burs are primarily used for creating straight grooves and enhancing initial cavity outlines, which is not ideal for finishing composite surfaces. Cross-cut burs, designed for faster cutting and reduced heat generation in dental procedures, provide more aggressive material removal, making them less suitable for the nuanced contouring needed in the final stages of composite restoration development. Therefore, for the specific task of contouring, the flame-shaped bur is the best choice, as it combines precision with versatility.

6. All of the following are true regarding anatomy and occlusion of a class IV composite restoration on tooth 25 except:

- A. The facial surface has 2 shallow fossa between three lobes**
- B. The lingual surface includes two marginal ridges
- C. The lingual surface includes a cingulum
- D. There should be no articulating paper marks on the restoration

In a Class IV composite restoration on tooth 25, which typically refers to a maxillary first premolar, the anatomy and occlusion must be carefully considered. The correct answer highlights the false statement regarding the anatomical features of this tooth. The facial surface of a maxillary first premolar does not typically have two shallow fossa between three lobes. This tooth usually has a more distinct anatomy characterized by one prominent buccal lobe and a separation between the two lingual lobes, which contribute to its overall contour rather than two fossa. Understanding the correct anatomical structures is crucial for placing restorations that blend well with natural contours and for achieving proper occlusion. The other options correctly describe features of the tooth. The lingual surface typically does include two marginal ridges—one mesial and one distal—forming the boundaries of the occlusal surface and helping define the anatomy of the tooth. Additionally, the lingual surface of tooth 25 does include a cingulum, an important anatomical feature that affects the tooth's function and esthetics. Finally, the absence of articulating paper marks on the restoration indicates that the occlusion is appropriately adjusted post-restoration, ensuring that the restoration does not interfere with the patient's bite when they occlude.

7. What is the term for where the preparation meets the uncut tooth?

- A. Point angle
- B. Line angle
- C. Proximal surface
- D. Cavo surface margin**

The term that describes where the preparation meets the uncut tooth is the cavo-surface margin. This margin is a critical area in restorative dentistry, as it refers to the border that separates the prepared tooth structure from the remaining healthy tooth structure. Understanding the cavo-surface margin is essential for ensuring proper bonding of restorative materials, achieving a good seal, and minimizing the risk of microleakage, which can lead to further decay. The cavo-surface margin is also important when considering the design of the restoration, as it affects the aesthetics and longevity of the dental work. It's essential for dental professionals to be proficient in identifying and managing this margin to achieve optimal clinical outcomes. In contrast, point angles and line angles are more specific geometrical terms used to describe the angles formed at the intersection of different surfaces in tooth preparations, while the proximal surface refers to the sides of the teeth that are adjacent to one another, which are not directly related to the preparation's interface with the uncut tooth structure.

8. What is the primary reason for using a mylar strip during a composite restoration?

- A. To provide support during placement
- B. To enhance visibility of the restoration
- C. To prevent contamination of the area
- D. To provide a smooth surface for finishing**

Using a mylar strip during a composite restoration is primarily intended to provide a smooth surface for finishing the restoration. Mylar strips are thin, flexible plastic materials that allow for the creation of a smooth, contoured margin between the composite material and the adjacent tooth structure. This is essential for achieving an aesthetic and functional result, as the surface texture and contour of the restoration can significantly affect the overall appearance and performance. A smooth surface is important for several reasons, including improving the overall esthetics of the restoration and minimizing the risk of plaque accumulation, which can lead to secondary caries. By shaping the composite against a mylar strip, the dental assistant or dentist can ensure that the restoration conforms well to the existing anatomy of the tooth, thus facilitating a more natural blend. While mylar strips can offer some support during placement, that is not their primary function. Their main purpose is to assist in achieving a smooth and polished surface once the material is cured. Visibility enhancement, while a factor in clinical settings, is secondary to the tactile and finishing benefits provided by these strips. Contamination prevention is also critical in dental procedures but is usually managed through other protocols rather than the use of a mylar strip. Hence, the focus on achieving a smooth, polished surface

9. What is the primary purpose of using a rubber dam in restorative dentistry?

- A. Enhancing patient comfort
- B. To ensure proper isolation of the working field**
- C. Increasing visibility for the dentist
- D. Minimizing treatment time

The primary purpose of using a rubber dam in restorative dentistry is to ensure proper isolation of the working field. By creating a barrier, the rubber dam effectively keeps moisture, saliva, and debris away from the area being treated. This isolation is crucial for various procedures, as it helps to maintain a dry working environment, which is necessary for the effective bonding of dental materials and the overall success of restorative treatments. When the working area is isolated, the dentist can also have better control over the treatment conditions. This control reduces the risk of contamination and enhances the longevity of restorative materials by preventing saliva or blood from compromising their adhesive properties. Additionally, the use of a rubber dam can improve the efficacy of procedures involving adhesives, fissure sealants, and composite restorations. While the rubber dam may contribute to increased visibility and potentially enhance patient comfort, these are secondary benefits. The primary focus remains on achieving an isolated and clean field for the procedures being performed, which is fundamental for optimal clinical outcomes in restorative dentistry.

10. Which statement is true regarding the morphology of mandibular first permanent molars?

- A. They have an oblique ridge
- B. They are the largest teeth in the lower arch**
- C. They have 4 cusp tips
- D. They are usually the last permanent teeth affected by caries

The statement that mandibular first permanent molars are the largest teeth in the lower arch is accurate, as these molars are specifically designed to handle the significant force required for mastication. Their large size aids in their primary function of grinding and breaking down food, making them crucial for efficient chewing. In addition to their size, they possess a complex tooth morphology with multiple cusps and grooves, which enhances their surface area for better occlusion with opposing teeth. In contrast, other attributes such as the presence of an oblique ridge, the number of cusp tips, and susceptibility to caries do not apply to the mandibular first molars in the same context or may be more characteristic of different teeth. For example, the oblique ridge is a feature commonly found on certain maxillary molars, and the mandibular first molar typically has five cusp tips. While susceptibility to caries can vary among all teeth based on factors such as location and oral hygiene practices, it isn't specifically noted that mandibular first molars are the last to be affected compared to other permanent teeth. Thus, recognizing that these molars are indeed the largest within the lower arch is a key aspect of understanding their role and characteristics.

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://efdaboard.examzify.com>

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

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