

# Florida Dental Hygiene Laws and Rules Board Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. Which procedure requires the use of fluoride varnishes under general supervision?**
  - A. Securing archwires**
  - B. Monitoring nitrous oxide**
  - C. Applying topical fluorides**
  - D. Cementing temporary crowns**
- 2. Which of the following tasks can dental hygienists perform under general supervision?**
  - A. Performing root canals**
  - B. Removing sutures**
  - C. Prescribing medication**
  - D. Administering general anesthesia**
- 3. Which of the following choices best describes the relationship between kickbacks and patient brokering?**
  - A. They are unrelated concepts**
  - B. They are considered ethical exchanges**
  - C. Violations of kickback laws are seen as patient brokering**
  - D. They are both legal practices**
- 4. What type of training is required for a dental assistant to perform certain tasks like applying topical anesthetics?**
  - A. Independent training**
  - B. On-the-job training**
  - C. Online course completion**
  - D. Externship**
- 5. Which of the following tasks is exclusively permitted for dental hygienists according to Florida Dental Hygiene Laws?**
  - A. Removing sutures from a patient**
  - B. Performing root planing and curettage**
  - C. Performing cavity restorations**
  - D. Conducting dental examinations**

- 6. A dental hygienist is performing charting without supervision. What does this situation imply?**
- A. It creates a medical record.**
  - B. It constitutes a patient of record.**
  - C. It does not create either a patient of record or a medical record.**
  - D. It requires further supervision.**
- 7. Which of the following is NOT a requirement for indirect supervision?**
- A. The dentist must examine and authorize the procedure.**
  - B. The dentist must be present during the procedure.**
  - C. The dentist must diagnose the condition.**
  - D. The procedure must be within the scope of practice.**
- 8. Under what type of supervision can dental hygienists apply topical anesthetics that are not aerosol?**
- A. General supervision**
  - B. Direct supervision**
  - C. Independent practice**
  - D. Remote supervision**
- 9. What does the term 'disinfection' specifically aim to achieve?**
- A. Eliminating all bacterial forms**
  - B. Inhibiting most pathogens during their active growth phase**
  - C. Removing tartar from teeth surfaces**
  - D. Ensuring total microbial presence is absent**
- 10. In the context of dental hygiene, what is a key responsibility when performing remediable tasks?**
- A. Working independently**
  - B. Adhering to protocols and guidelines**
  - C. Minimizing patient interaction**
  - D. Delegating tasks to other staff**

## **Answers**

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

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## **Explanations**

**1. Which procedure requires the use of fluoride varnishes under general supervision?**

- A. Securing archwires**
- B. Monitoring nitrous oxide**
- C. Applying topical fluorides**
- D. Cementing temporary crowns**

The application of topical fluorides, including fluoride varnishes, falls under general supervision in Florida's dental hygiene regulations. General supervision means that the dentist has authorized the procedure, but the dentist does not need to be physically present in the office when the dental hygienist performs it. This is significant because it allows dental hygienists to provide preventive care and enhance patient oral health through fluoride applications effectively. Fluoride varnishes are utilized to help in the prevention of dental caries by providing a concentrated dose of fluoride directly to the tooth surfaces. The ability for dental hygienists to apply fluoride varnish under general supervision reinforces their role in promoting preventive care and education in dental practices. In contrast, other procedures listed, such as securing archwires or monitoring nitrous oxide, typically require direct supervision by a dentist due to the complexity or safety concerns involved. For example, these tasks may involve interactions that require immediate dental judgment or interventions that could pose risks to the patient if not performed under the supervision of a licensed dentist. Cementing temporary crowns also generally necessitates direct oversight due to similar reasons. Thus, the specific allowance for applying topical fluorides under general supervision highlights the regulatory framework that recognizes the preventive capabilities of dental hygienists.

**2. Which of the following tasks can dental hygienists perform under general supervision?**

- A. Performing root canals**
- B. Removing sutures**
- C. Prescribing medication**
- D. Administering general anesthesia**

Dental hygienists are permitted to perform certain tasks under general supervision, which refers to procedures that can be done without the direct presence of a dentist on the premises, as long as the dentist has provided prior authorization for the task. Removing sutures is among the tasks that fall under this category. This procedure can be performed by dental hygienists as it does not require the level of complexity or critical decision-making necessary for tasks that demand direct supervision or intervention by a dentist. The other options listed involve more advanced skills or responsibilities that require direct supervision or oversight by a licensed dentist. Performing root canals, for example, is a complex procedure that requires specialized training and expertise in endodontics, necessitating immediate supervision by a dentist. Similarly, prescribing medication is a function strictly reserved for licensed dentists and physicians, as it requires a level of medical authority and thorough knowledge of pharmacology that is beyond the scope of dental hygiene practice. Administering general anesthesia involves significant risk and requires advanced training and certification, which is not included in the scope of practice for dental hygienists. Thus, removing sutures is a task appropriately assigned to dental hygienists operating under general supervision, aligning with the regulations established in dental hygiene practice.

**3. Which of the following choices best describes the relationship between kickbacks and patient brokering?**

- A. They are unrelated concepts**
- B. They are considered ethical exchanges**
- C. Violations of kickback laws are seen as patient brokering**
- D. They are both legal practices**

The relationship between kickbacks and patient brokering is best described by the idea that violations of kickback laws are seen as patient brokering. Kickbacks involve the unlawful practice of providing or receiving compensation in exchange for patient referrals or services, which undermines the integrity of healthcare delivery. Patient brokering similarly refers to the unethical practice of soliciting or receiving payment for the referral of patients, often leading to exploitation and compromised patient care. Understanding this connection is crucial, as both practices violate ethical standards and legal regulations within the healthcare system. Recognizing them as related helps to reinforce the need for compliance with laws designed to protect patient welfare and ensure fair practices in the provision of medical services. This shared violation of ethical and legal standards underlines the importance of vigilance against such practices in the dental hygiene profession and healthcare overall.

**4. What type of training is required for a dental assistant to perform certain tasks like applying topical anesthetics?**

- A. Independent training**
- B. On-the-job training**
- C. Online course completion**
- D. Externship**

For a dental assistant to perform specific tasks such as applying topical anesthetics, on-the-job training is essential. This type of training allows the dental assistant to learn in a practical environment under the supervision of a licensed dentist or dental hygienist. The complexities of dental procedures, including patient interactions and safety protocols, are best learned through hands-on experience where the assistant can receive immediate feedback and guidance. On-the-job training ensures that the assistant is not only familiar with the technical aspects of applying topical anesthetics but also understands the broader context of patient care within the dental practice. This setting also allows the assistant to become accustomed to the various tools and materials used, as well as to develop the necessary skills to handle different patient scenarios effectively.

**5. Which of the following tasks is exclusively permitted for dental hygienists according to Florida Dental Hygiene Laws?**

- A. Removing sutures from a patient**
- B. Performing root planing and curettage**
- C. Performing cavity restorations**
- D. Conducting dental examinations**

Performing root planing and curettage is a task that is exclusively permitted for dental hygienists in Florida. This procedure involves the meticulous cleaning of the teeth and surrounding gum pockets, which is a fundamental aspect of dental hygiene aimed at treating periodontal disease and maintaining oral health. In Florida, dental hygienists receive specific training designed to prepare them for these advanced procedures, allowing them to work effectively in the realm of preventive and therapeutic care. This responsibility reflects the scope of practice defined by the Florida Dental Hygiene Laws, which empower hygienists to focus on disease prevention and treatment through techniques such as scaling and root planing. The other options fall outside the exclusive scope of practice for dental hygienists. For instance, while suturing may be associated with dental procedures, it is typically performed by dentists or dental surgeons, not hygienists. Similarly, cavity restorations are restorative procedures that fall under the responsibilities of a dentist rather than a dental hygienist. Conducting dental examinations can involve assessing oral health but, in a more comprehensive sense, is generally part of the dentist's role who diagnoses conditions and decides on treatment plans. Thus, the task of performing root planing and curettage stands out as one specifically aligned with the training and practice of dental hygien

**6. A dental hygienist is performing charting without supervision. What does this situation imply?**

- A. It creates a medical record.**
- B. It constitutes a patient of record.**
- C. It does not create either a patient of record or a medical record.**
- D. It requires further supervision.**

In the context of Florida Dental Hygiene Laws and Rules, performing charting without supervision implies that it does not create either a patient of record or a medical record. For charting to contribute to establishing a patient of record, it generally requires that the hygienist is working under direct supervision as outlined by the law. In situations where charting is conducted independently, it lacks the requisite oversight that typically legitimizes the relationship between the patient and the dental professional. Additionally, without supervision, the actions taken during this charting do not meet the necessary criteria for developing an official medical record, which needs to be a documented account of patient interactions and care conducted within a legally established professional framework. Therefore, charting done in this manner lacks the authority and context to be considered valid within the professional scope of dental hygiene regulations, leading to the correct interpretation that it results in neither a patient of record nor a medical record.

**7. Which of the following is NOT a requirement for indirect supervision?**

- A. The dentist must examine and authorize the procedure.**
- B. The dentist must be present during the procedure.**
- C. The dentist must diagnose the condition.**
- D. The procedure must be within the scope of practice.**

Indirect supervision in the context of dental hygiene refers to a situation where a dentist is not physically present in the treatment facility while a dental hygienist performs certain tasks. However, the dentist must be available to provide guidance and is responsible for certain aspects of patient care. The requirement that the dentist must examine and authorize the procedure ensures that the dental hygienist has the necessary oversight and that the treatment provided is safe and appropriate for the patient. Similarly, having the dentist diagnose the condition establishes the basis for the subsequent treatment plan, ensuring that the hygienist is addressing the right concerns in line with the dentist's professional judgment. Additionally, the stipulation that the procedure must be within the scope of practice guarantees that the dental hygienist is operating within their trained and licensed abilities, which is critical for patient safety and proper care standards. In contrast, the statement that the dentist must be present during the procedure is not accurate for indirect supervision; rather, it describes direct supervision where the dentist is physically present. Therefore, this distinction is key for understanding the flexibility and responsibilities allotted under each type of supervision within dental practices.

**8. Under what type of supervision can dental hygienists apply topical anesthetics that are not aerosol?**

- A. General supervision**
- B. Direct supervision**
- C. Independent practice**
- D. Remote supervision**

In Florida, dental hygienists are allowed to apply topical anesthetics that are not aerosol under general supervision. General supervision means that a dentist does not need to be physically present in the facility while the dental hygienist performs specific tasks. Instead, there needs to be a predetermined agreement in place about the procedures the hygienist is authorized to complete. This type of supervision is significant because it enables dental hygienists to provide patient care more efficiently and effectively without requiring constant oversight by a dentist. The rules around general supervision also highlight the importance of establishing a trusting relationship between dentists and dental hygienists, where the hygienist is competent to perform certain delegated tasks autonomously. In contrast, the other types of supervision suggest more direct oversight from a dentist. Direct supervision would require the dentist to be on-site and personally overseeing the procedure being performed. Independent practice would imply that dental hygienists can operate completely without a dentist's supervision, which does not apply to the administration of topical anesthetics in this context. Remote supervision, which is not standard in dental practices, would indicate some form of distant monitoring, which is also not relevant to the process of applying topical anesthetics. Therefore, the correct choice aligns with the established regulations for dental hygienist functions under general supervision in Florida.

**9. What does the term 'disinfection' specifically aim to achieve?**

- A. Eliminating all bacterial forms**
- B. Inhibiting most pathogens during their active growth phase**
- C. Removing tartar from teeth surfaces**
- D. Ensuring total microbial presence is absent**

The term 'disinfection' specifically aims to inhibit most pathogens during their active growth phase, which means it targets a significant number of microorganisms, particularly those that can cause disease, but does not necessarily eliminate all forms of bacteria, as is implied in other options. Disinfection is an essential practice in dental hygiene to ensure that tools and surfaces are sufficiently treated to prevent the spread of infection while recognizing that complete sterility might not be feasible in all situations. Eliminating all bacterial forms would be a definition more aligned with 'sterilization' rather than disinfection, which does not seek to achieve total microbial absence. Removing tartar from teeth surfaces pertains to the cleaning and scaling process rather than disinfection, while ensuring total microbial presence is absent would also suggest sterilization. Thus, the best representation of the goal of disinfection within dental hygiene is to effectively inhibit most pathogenic microorganisms to maintain safety and health.

**10. In the context of dental hygiene, what is a key responsibility when performing remediable tasks?**

- A. Working independently**
- B. Adhering to protocols and guidelines**
- C. Minimizing patient interaction**
- D. Delegating tasks to other staff**

Adhering to protocols and guidelines is essential when performing remediable tasks in dental hygiene. This responsibility ensures that hygienists operate within the legal and ethical frameworks established by the Florida Dental Hygiene Laws and Rules. Following these protocols helps maintain patient safety and ensures that care is consistent and of high quality. In a clinical setting, adhering to established guidelines also protects the hygienist legally and ensures compliance with the broader standards set by professional organizations. It helps in the proper execution of tasks that can be delegated and outlines the standards of care that should be maintained, ensuring that all procedures performed are up to the mandated levels of safety and efficacy. Other options, such as working independently or minimizing patient interaction, do not align with the collaborative nature of dental hygiene, where teamwork and patient communication are crucial. Similarly, delegating tasks is not always appropriate without proper oversight and adherence to specific guidelines about who can perform particular tasks, which emphasizes the importance of understanding and following protocols.

## 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](mailto:hello@examzify.com).**

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

**<https://floridadentalhygienelawsrules.examzify.com>**

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