

# 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,**

**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 from reliable sources accurate, complete, and timely information about this product.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

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. 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!**

SAMPLE

## **Questions**

SAMPLE

- 1. How many laypersons (consumers) are involved in the Board of Dentistry?**
  - A. 1 layperson**
  - B. 2 laypersons**
  - C. 3 laypersons**
  - D. 4 laypersons**
  
- 2. What task is involved in securing an archwire?**
  - A. Adjusting denture fittings.**
  - B. Removing and re-cementing bands.**
  - C. Attaching or removing fastening devices of the archwire.**
  - D. Performing extractions of teeth.**
  
- 3. Which topic is considered appropriate continuing education for dental hygienists?**
  - A. Patient safety protocols**
  - B. Patient stress management CE**
  - C. Advanced dental surgery techniques**
  - D. Marketing dental services**
  
- 4. True or False: Dental hygienists trained before April 30, 1980, can continue to perform authorized tasks without formal training.**
  - A. True**
  - B. False**
  - C. Only if the dentist allows it**
  - D. Only for certain tasks**
  
- 5. Which of the following is NOT considered a remediable task without additional training?**
  - A. Removing calculus deposits**
  - B. Providing fluoride rinse programs**
  - C. Conducting diagnosis**
  - D. Instructing patients in oral hygiene care**

**6. How often will Hepatitis B infected licensees be monitored for compliance?**

- A. Once every six months**
- B. Once a month**
- C. Once a year**
- D. Every two years**

**7. Which task can a dental assistant perform while under direct supervision?**

- A. Initial access preparation for extractions**
- B. Applying aerosol topical anesthetics**
- C. Changing bleach pellets in the internal bleaching process**
- D. Performing root canals**

**8. Who supervises the administration of nitrous-oxide oxygen during a dental procedure?**

- A. Patient's guardian**
- B. Dentist alone**
- C. Registered dental hygienist**
- D. Dental assistant under supervision**

**9. What is the primary oversight requirement for dental hygienists while ensuring patient safety during procedures?**

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

**10. What must be submitted by a licensee to obtain active license status after being inactive?**

- A. Proof of residency**
- B. A proof of malpractice insurance**
- C. Proof of CEs met**
- D. A new application**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. How many laypersons (consumers) are involved in the Board of Dentistry?**

- A. 1 layperson**
- B. 2 laypersons**
- C. 3 laypersons**
- D. 4 laypersons**

The correct answer indicates that there are two laypersons involved in the Florida Board of Dentistry. This composition is significant because it ensures that consumer perspectives and interests are integrated into the regulatory framework governing dental practices. The inclusion of laypersons is essential for maintaining public accountability and ensuring that the policies and practices of the board reflect the values and needs of the community. Having two laypersons allows for diverse viewpoints while also fostering a balanced representation of consumer issues. This is crucial in areas such as public health, consumer protection, and maintaining ethical standards within the profession, as it encourages the board to consider the impact of their decisions on patients and the community at large. These laymembers serve to bridge the gap between dental professionals and the general public, enhancing communication and trust between these groups.

**2. What task is involved in securing an archwire?**

- A. Adjusting denture fittings.**
- B. Removing and re-cementing bands.**
- C. Attaching or removing fastening devices of the archwire.**
- D. Performing extractions of teeth.**

Securing an archwire involves the task of attaching or removing fastening devices of the archwire. This is an essential procedure in orthodontics where the archwire is secured to the brackets bonded to the teeth, facilitating the movement of teeth into desired positions. This process directly contributes to the effectiveness and success of orthodontic treatment, as the archwire is responsible for applying consistent pressure to the teeth. The other tasks listed do not relate directly to the securing of an archwire. Adjusting denture fittings pertains to prosthodontics and involves ensuring that removable dentures fit comfortably and functionally. Removing and re-cementing bands is also an orthodontic procedure but does not specifically address the task of securing the archwire itself. Finally, performing extractions of teeth is a separate surgical procedure that does not involve the mechanics of archwires or their securing, but rather addresses issues such as overcrowding or damaged teeth.

**3. Which topic is considered appropriate continuing education for dental hygienists?**

- A. Patient safety protocols**
- B. Patient stress management CE**
- C. Advanced dental surgery techniques**
- D. Marketing dental services**

Continuing education for dental hygienists is essential for maintaining competency and staying informed about the latest practices in the field. Patient stress management is a particularly relevant area for dental hygienists, as it directly relates to the daily interactions they have with patients. Knowing how to effectively manage and alleviate patient stress can enhance the overall patient experience and improve clinical outcomes. This topic is especially important, as dental hygiene visits can often be anxiety-inducing for patients. Training in patient stress management equips hygienists with strategies to create a more comfortable and supportive environment. Such skills contribute not only to better communication with patients but also to improved patient adherence to oral health recommendations. While other topics may be valuable in their own right, patient stress management is specifically relevant to the role of dental hygienists and their clinical responsibilities. For instance, while patient safety protocols are critical in dental practice, they are often covered more comprehensively in general dental continuing education. Advanced dental surgery techniques fall outside the scope of practice for dental hygienists, as they are not traditionally trained to perform surgical procedures. Marketing dental services, while important for the business aspect of dentistry, does not directly pertain to the clinical skills and knowledge needed for patient care in the hygiene profession.

**4. True or False: Dental hygienists trained before April 30, 1980, can continue to perform authorized tasks without formal training.**

- A. True**
- B. False**
- C. Only if the dentist allows it**
- D. Only for certain tasks**

The assertion that dental hygienists trained before April 30, 1980, can continue to perform authorized tasks without formal training is correct. This provision acknowledges the experience and knowledge gained by dental hygienists prior to this cutoff date, allowing them to practice under the understanding that they have been adequately trained through their work and education at that time. This distinction is significant because it reflects the recognition of the value of the practical experience these professionals have accumulated over the years. However, it is essential to note that while they can continue to perform tasks, they must still adhere to the current legal and regulatory standards governing dental hygiene practice in Florida. Such practices must align with the evolving standards, ensuring patient safety and care quality. The other options reflect misunderstandings about this particular rule. Some suggest conditional provisions based on dentists' allowances or limitations to specific tasks, neither of which applies to the established rights of dental hygienists trained before the specified date who retain their full scope of practice within the framework of existing laws.

**5. Which of the following is NOT considered a remediable task without additional training?**

- A. Removing calculus deposits**
- B. Providing fluoride rinse programs**
- C. Conducting diagnosis**
- D. Instructing patients in oral hygiene care**

Conducting diagnosis is the task that is not considered a remediable task without additional training. In the context of dental hygiene practice, diagnosis requires a deep understanding of dental pathology, patient assessment skills, and the ability to interpret clinical findings, which typically necessitates more extensive education and training than that provided in basic dental hygiene programs. In contrast, the other tasks listed, such as providing fluoride rinse programs, instructing patients in oral hygiene care, and even removing calculus deposits under specific circumstances, can often be classified as remediable. These tasks can be performed by dental hygienists after completing initial training and may also be enhanced through additional training or continuing education, which allows practitioners to expand their skills without needing a complete re-education. Therefore, these tasks are considered within the realm of dental hygiene practice when proper training has been provided or when updates are applied within existing competencies.

**6. How often will Hepatitis B infected licensees be monitored for compliance?**

- A. Once every six months**
- B. Once a month**
- C. Once a year**
- D. Every two years**

Licensees who are infected with Hepatitis B are subject to monitoring to ensure compliance with specific health and safety regulations. The requirement for monitoring once a year is established to maintain a balance between the need for public safety and the operational needs of dental hygienists. This annual monitoring allows for adequate oversight while also minimizing the burden on healthcare professionals. The choice of annual monitoring is critical because it provides a structured timeframe for reviewing the licensee's health status and adherence to required protocols, ensuring that they can perform their duties without posing a risk to patients or the public. Moreover, it allows dental hygienists time to demonstrate that they are effectively managing their condition and adhering to any necessary practice limitations or requirements set forth by the Florida Board of Dentistry. This frequency strikes an appropriate balance between vigilance and practicality in the ongoing management of Hepatitis B among dental professionals.

**7. Which task can a dental assistant perform while under direct supervision?**

- A. Initial access preparation for extractions**
- B. Applying aerosol topical anesthetics**
- C. Changing bleach pellets in the internal bleaching process**
- D. Performing root canals**

A dental assistant, while under direct supervision, can change bleach pellets in the internal bleaching process because this task is typically considered to be supportive and non-invasive, allowing the dentist to oversee the procedure closely. Under direct supervision, the dentist must be physically present in the office and ready to offer guidance or intervene if necessary. Tasks like initial access preparation for extractions and performing root canals require a level of expertise and training that goes beyond the scope of what a dental assistant can perform, even under direct supervision. These tasks involve significant clinical judgment, diagnosis, and technical skill that are reserved for licensed dental practitioners. Applying aerosol topical anesthetics also falls outside the permitted duties for a dental assistant, as this procedure involves more complex patient management and consideration of the anesthetic's effects, which typically necessitates the dentist's direct involvement and oversight. In summary, changing bleach pellets is an appropriate task for a dental assistant under direct supervision, as it aligns with the permissible duties while ensuring that the dentist is overseeing the process.

**8. Who supervises the administration of nitrous-oxide oxygen during a dental procedure?**

- A. Patient's guardian**
- B. Dentist alone**
- C. Registered dental hygienist**
- D. Dental assistant under supervision**

The administration of nitrous oxide-oxygen during a dental procedure is typically performed by dental assistants under the supervision of a licensed dentist. This is in accordance with regulations that define the scope of practice for dental assistants and their ability to perform certain tasks related to patient care and sedation. In a clinical setting, while the dentist is ultimately responsible for the patient's safety and the procedure being performed, the dental assistant may be trained to administer nitrous oxide as part of their duties, demonstrating foundational knowledge of sedation protocols and monitoring. The supervision ensures that the dentist can guide the setup and adjustment of sedation levels, ensuring patient safety throughout the process. The patient's guardian is not qualified to supervise or provide such administration due to the lack of requisite training and expertise in dental procedures. Just as the registered dental hygienist does have a role in patient care, their practice does not typically include the administration of nitrous oxide without specific training and under certain conditions as controlled by dental and state laws. Hence, in this context, the dental assistant's role is designed to assist effectively under proper supervision.

**9. What is the primary oversight requirement for dental hygienists while ensuring patient safety during procedures?**

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

The primary oversight requirement for dental hygienists in ensuring patient safety during procedures is general supervision. Under general supervision, the dentist provides a level of oversight necessary for patient safety but does not have to be present in the office while the hygienist carries out the procedure. This allows hygienists to perform certain tasks independently while still being accountable to the dentist. General supervision is important because it strikes a balance between enabling dental hygienists to contribute to patient care effectively and ensuring that a dentist is ultimately responsible for the treatment provided. This arrangement encourages teamwork and allows hygienists to operate within their scope of practice, which promotes efficiency and patient safety. Independent practice, while it implies that dental hygienists can work without the dentist's involvement, may not specifically ensure ongoing oversight necessary for patient safety. Direct supervision would require the dentist to be physically present, which may not always be practical and can limit the hygienist's ability to work independently on patients. Remote supervision is not typically recognized in dental practice as it suggests oversight without physical presence, which does not align with established standards for patient safety in the dental field.

**10. What must be submitted by a licensee to obtain active license status after being inactive?**

- A. Proof of residency**
- B. A proof of malpractice insurance**
- C. Proof of CEs met**
- D. A new application**

To obtain active license status after being inactive, a licensee must submit proof of continuing education (CEs) met. This requirement ensures that dental hygienists remain current with the latest knowledge, skills, and practices in the field. Continuing education is a fundamental aspect of maintaining competency within healthcare, including dental hygiene, as it helps practitioners stay informed about new techniques, advancements, and regulatory changes. Submitting proof of CEs demonstrates that the licensee has engaged in professional development and is ready to resume practice effectively and safely. Renewal processes in many states, including Florida, often include a specified number of continuing education hours that must be completed within a designated timeframe to ensure licensees are up-to-date with current standards. The other options may seem relevant but do not directly fulfill the requirement to transition from inactive to active status. For example, proof of residency or malpractice insurance might be necessary for other contexts but are not specifically mandated for reactivating a dental hygiene license in Florida. Similarly, a new application might be involved in certain situations but is not the standard requirement for reactivating an inactive license. Therefore, the correct requirement centers on continuing education as a crucial measure for maintaining professional standards within dental hygiene practice.

# 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!**

**SAMPLE**