

Minnesota Dental Assisting Licensure Practice Exam (Sample)

Study Guide



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Questions

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- 1. What is the claimed benefit of fluoride-released sealant materials?**
 - A. They enhance aesthetic appearance**
 - B. They create a fluoride-rich layer that may make pits and fissures more resistant to decay**
 - C. They bond better to composite materials**
 - D. They require less moisture control during application**
- 2. What position should the EFDA use while taking mandibular and maxillary impressions?**
 - A. Standing above the patient**
 - B. Operator position**
 - C. Sitting to the side of the patient**
 - D. Reclining position**
- 3. Which material is recommended for a more durable impression in bite registration?**
 - A. Impression plaster**
 - B. Polyether**
 - C. Zinc oxide-eugenol (ZOE)**
 - D. Alginate**
- 4. Which type of stain can typically be removed from the surfaces of teeth?**
 - A. Tetracycline**
 - B. Green**
 - C. Black**
 - D. Tobacco**
- 5. Which statement about sticky candy and gum use during orthodontic treatment is incorrect?**
 - A. It can cause tooth decay**
 - B. It loosens bands and pulls out ligature ties**
 - C. It is recommended for maintaining oral health**
 - D. It bends arch wires**

- 6. Which polishing paste is recommended for use on filled hybrid composites and resin restorations?**
- A. Calcium carbonate**
 - B. Sodium bicarbonate**
 - C. Aluminum oxide**
 - D. Silica**
- 7. Why is adequate thickness crucial when using an impression tray?**
- A. To prevent overextension of the tray**
 - B. To ensure proper material handling**
 - C. To avoid distortion during setting**
 - D. To maximize patient comfort**
- 8. True or False: Properly mixed glass ionomer cement should have a glossy appearance.**
- A. True**
 - B. False**
 - C. Depends on the brand**
 - D. Only when mixed correctly**
- 9. Which of the following represents an indication for sealants?**
- A. Teeth with existing restorations**
 - B. Adjacent teeth with occlusal decay**
 - C. Fully erupted wisdom teeth**
 - D. Teeth with no visible decay**
- 10. Why would a dentist request preliminary impressions?**
- A. To make a final restoration**
 - B. To fabricate a custom tray**
 - C. To create a study model**
 - D. To assess periodontal health**

Answers

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

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Explanations

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1. What is the claimed benefit of fluoride-released sealant materials?

- A. They enhance aesthetic appearance**
- B. They create a fluoride-rich layer that may make pits and fissures more resistant to decay**
- C. They bond better to composite materials**
- D. They require less moisture control during application**

The claimed benefit of fluoride-released sealant materials is that they create a fluoride-rich layer that may make pits and fissures more resistant to decay. This is important in preventive dentistry, as sealants are used to protect the occlusal surfaces of posterior teeth, which are particularly susceptible to caries. The fluoride released from these sealant materials can help in remineralizing the tooth enamel and reducing the potential for decay in those vulnerable areas. Utilizing sealants that incorporate fluoride offers an additional preventive measure by not only sealing off the grooves and pits but also providing a continuous source of fluoride that enhances the overall health of the tooth. This can be especially beneficial for children and adolescents, who may be at increased risk for dental caries. Other options, while relevant to dental practice, do not specifically highlight the primary function of fluoride-releasing materials in enhancing the protective qualities of sealants against decay.

2. What position should the EFDA use while taking mandibular and maxillary impressions?

- A. Standing above the patient**
- B. Operator position**
- C. Sitting to the side of the patient**
- D. Reclining position**

The operator position is the most effective stance for an Expanded Function Dental Assistant (EFDA) when taking mandibular and maxillary impressions. In this position, the EFDA can maintain optimal visibility and access to the oral cavity, which is crucial for obtaining accurate impressions. This position allows the assistant to have a clear line of sight to both arches and ensures that the impression material can be properly manipulated and placed without obstruction. Being positioned correctly also helps in maintaining a steady hand while taking impressions, reducing the likelihood of distortion or inaccuracies. It fosters better communication with the dentist and allows the EFDA to be more responsive to the patient's needs during the procedure, enhancing comfort and efficiency. Other positions, such as standing above the patient or sitting to the side, may hinder the assistant's ability to control the impression process effectively. A reclining position might compromise visibility and ergonomics, making it difficult to achieve a successful outcome. Thus, the operator position is the most suitable choice for this task.

3. Which material is recommended for a more durable impression in bite registration?

- A. Impression plaster
- B. Polyether
- C. Zinc oxide-eugenol (ZOE)**
- D. Alginate

The recommended material for a more durable impression in bite registration is zinc oxide-eugenol (ZOE). This material is known for its excellent dimensional stability and rigidity, which is crucial for an accurate and lasting bite registration. The unique properties of ZOE allow it to capture fine details and resist deformation, making it ideal for creating impressions that need to withstand various stresses during the dental procedure. ZOE also has the added benefit of providing a good working time, allowing dental professionals to manipulate and set the material without rushing, thus ensuring a precise bite registration. Its ability to bond well with other materials used in dental procedures enhances its usability and effectiveness in clinical applications. Impression plaster, although it provides good detail, tends to be brittle, which limits its effectiveness in creating durable bite registrations. Polyether is also a viable option and offers excellent accuracy and stability, but it can be more expensive and less pleasant for the patient due to its flow characteristics compared to ZOE. Alginate is commonly used for impressions because it's easy to manipulate and cost-effective; however, it lacks the durability and dimensional stability required for accurate bite registrations, particularly for longer-term storage and use. Choosing ZOE for bite registration helps ensure a precise fit and enhanced durability, making it

4. Which type of stain can typically be removed from the surfaces of teeth?

- A. Tetracycline
- B. Green
- C. Black
- D. Tobacco**

Tobacco stains, often caused by the use of tobacco products, typically reside on the enamel and can be removed by professional dental cleaning procedures. These stains are extrinsic, meaning they occur on the surface of the teeth, and they respond well to polishing techniques and improved dental hygiene practices. In contrast, tetracycline stains are intrinsic, as they develop from the inside of the tooth structure during tooth development due to exposure to the antibiotic tetracycline. These stains are more challenging to treat and often require cosmetic procedures like veneers or crowns. Green stains, commonly seen in children, can be removed with proper brushing and cleaning; however, they may sometimes require more specialized dental care to ensure all bacteria creating the stain are addressed. Black stains, though often removable, may take more effort and sometimes require specific treatment to ensure complete removal while maintaining tooth surface health. Thus, tobacco stains are well-known for their removability through routine dental care, making them the typical answer when considering which stains can be removed from teeth surfaces.

5. Which statement about sticky candy and gum use during orthodontic treatment is incorrect?

- A. It can cause tooth decay**
- B. It loosens bands and pulls out ligature ties**
- C. It is recommended for maintaining oral health**
- D. It bends arch wires**

The statement regarding sticky candy and gum use during orthodontic treatment being recommended for maintaining oral health is not accurate. During orthodontic treatment, patients are generally advised to avoid sticky foods because they can adhere to the brackets and wires, creating an environment conducive to plaque accumulation and ultimately tooth decay. In fact, consuming such items can lead to complications like loosening the orthodontic appliances, which disrupts the treatment process and can result in additional dental issues. Sticky candy and gum are specifically discouraged due to their capacity to damage the components of braces. They can loosen bands, pull out ligature ties, and bend arch wires, which necessitates more frequent adjustments and can prolong the duration of orthodontic treatment. Therefore, the incorrect statement highlights the notion that these types of candies are somehow beneficial for oral health during orthodontic treatment, which they are not.

6. Which polishing paste is recommended for use on filled hybrid composites and resin restorations?

- A. Calcium carbonate**
- B. Sodium bicarbonate**
- C. Aluminum oxide**
- D. Silica**

The recommended polishing paste for use on filled hybrid composites and resin restorations is aluminum oxide. This choice is particularly appropriate due to its fine crystalline structure, which allows for effective polishing without causing damage to the restorative material. Aluminum oxide particles are specifically designed to achieve a high-quality finish on soft dental materials while minimizing the risk of scratching or compromising the integrity of the restoration. Their durability ensures they can withstand the pressures applied during the polishing process, making them suitable for this type of dental work. In contrast, other substances, such as calcium carbonate or sodium bicarbonate, tend to be too abrasive for immediate use on these specific dental materials and are typically reserved for other types of cleaning applications. Silica, while also a commonly used polishing agent, may not provide the same level of control and effectiveness on filled composites and resin restorations as aluminum oxide does. Therefore, aluminum oxide stands out as the most appropriate choice for achieving a smooth, polished finish on these specific materials.

7. Why is adequate thickness crucial when using an impression tray?

- A. To prevent overextension of the tray**
- B. To ensure proper material handling**
- C. To avoid distortion during setting**
- D. To maximize patient comfort**

Adequate thickness is crucial when using an impression tray primarily to avoid distortion during the setting of the impression material. When an impression is taken, the material must capture the details of the oral structures accurately. If the impression material is too thin, it can become overly flexible, leading to distortion as the material sets. This can result in an inaccurate representation of the patient's dental anatomy, which compromises the quality of the impression and any subsequent treatment based on it. Having the right thickness ensures that the impression material maintains its shape and integrity throughout the setting process. This is essential for achieving detailed and accurate impressions, which are critical for tasks such as creating crowns, bridges, or other dental restorations. Therefore, ensuring adequate thickness is not just about the strength of the material but also about preserving the shape and dimensions of the impressions taken. While patient comfort, proper material handling, and preventing overextension of the tray are important considerations in dental assisting, they do not directly address the critical aspect of avoiding distortion during the impression setting process.

8. True or False: Properly mixed glass ionomer cement should have a glossy appearance.

- A. True**
- B. False**
- C. Depends on the brand**
- D. Only when mixed correctly**

Properly mixed glass ionomer cement indeed should have a glossy appearance. This sheen indicates that the materials have been adequately mixed, achieving the appropriate consistency and homogeneity necessary for optimal performance. A glossy finish suggests that the components are well-integrated, which enhances the material's physical properties, including adhesion and strength. In dental practice, achieving this glossy look is essential since it reflects the cement's ability to bond effectively to tooth structure and other dental materials. Additionally, the glossy appearance helps in the final setting phase, contributing to the overall aesthetic and functional quality of the cement in restorative procedures. When discussing alternatives, some might suggest that factors like mixing technique or brand could influence the appearance of the cement; however, the presence of gloss is primarily linked to the proper mixing technique rather than brand variability. Therefore, the assertion that a properly mixed glass ionomer cement should have a glossy appearance is fundamentally true.

9. Which of the following represents an indication for sealants?

- A. Teeth with existing restorations**
- B. Adjacent teeth with occlusal decay**
- C. Fully erupted wisdom teeth**
- D. Teeth with no visible decay**

Sealants are primarily used to prevent cavities, particularly in the grooves and pits of the teeth where decay is likely to occur. The goal of applying sealants is to provide a protective barrier that keeps food particles and bacteria away from these vulnerable areas. Teeth that do not show any visible signs of decay but are at a higher risk for cavities, such as those with deep grooves, are excellent candidates for sealant application. In this context, fully erupted wisdom teeth, which can often be difficult to clean effectively, might still benefit from preventive measures such as sealants. However, teeth with adjacent occlusal decay would not be suitable candidates for sealants because the presence of existing decay indicates that the tooth is already compromised and the sealant would not address the underlying problem. Existing restorations also indicate that the tooth has had previous restorative work, meaning sealants would not be necessary or effective in these cases. Using a sealant on teeth that show no signs of decay is a proactive approach to prevent future decay, making this an appropriate indication for sealant application.

10. Why would a dentist request preliminary impressions?

- A. To make a final restoration**
- B. To fabricate a custom tray**
- C. To create a study model**
- D. To assess periodontal health**

A dentist would request preliminary impressions primarily to fabricate a custom tray, which is essential in dental procedures that require precise and accurate molds of a patient's dental arch. Custom trays are designed to conform to the unique shape of a patient's mouth, allowing for accurate transfer of materials such as impression material and ensuring an even distribution. This customization enhances the quality of the dental impressions taken in subsequent appointments, leading to better fitting restorations and appliances. Creating a custom tray is a critical step in many dental procedures, such as making crowns, bridges, or dentures, where precision is crucial for the overall success of the restoration. The preliminary impression serves as a foundation for developing an accurate custom tray, which can then be used for more definitive impressions. While other options relate to important aspects of dental care, they do not align directly with the purpose of preliminary impressions. Final restorations and study models involve more advanced stages of treatment or planning that require additional steps beyond initial impressions. Assessing periodontal health typically involves clinical examinations and diagnostic tools that are not directly related to the need for preliminary impressions.