

National Dental Hygiene Certification Exam (NDHCE) Practice (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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Table of Contents

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

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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

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1. What are possible side effects of taking Fosamax?

- A. Abdominal pain, diarrhoea, fatigue**
- B. Chest pain, dizziness**
- C. Skin rash, joint pain**
- D. Increased appetite, headache**

2. Which gland produces the most saliva?

- A. Parotid gland**
- B. Sublingual gland**
- C. Submandibular gland**
- D. Minor salivary glands**

3. Which function is NOT associated with sticky wax?

- A. Attaching models**
- B. Serving as a base for impressions**
- C. Providing stability during procedures**
- D. Temporarily holding dental appliances**

4. What is a disadvantage of using boil and bite mouth guards?

- A. They are custom fitted**
- B. Most do not cover all posterior teeth**
- C. They cause discomfort**
- D. They are too expensive**

5. Which is a common side effect of using local anesthetics?

- A. Hypotension**
- B. Allergic reactions**
- C. Seizures**
- D. All of the above**

6. What is the primary purpose of a periodontal dressing?

- A. Increase patient comfort**
- B. Prevent debris accumulation**
- C. Preserve blood clots**
- D. Minimize inflammation**

7. Patients with an ASA 4 classification are experiencing which of the following?

- A. Minimal systemic dysregulation**
- B. Stable chronic condition**
- C. Severe disease that poses a constant life threat**
- D. Controlled chronic condition**

8. What concentration range is considered 'high concentration hydrogen peroxide'?

- A. 3-10%**
- B. 10-20%**
- C. 20-29%**
- D. 30-39%**

9. In dental terminology, what is NOT a primary function of macrophages in the immune response?

- A. Cleaning up debris**
- B. Engulfing pathogens**
- C. Producing antibodies**
- D. Communicating with other immune cells**

10. Which vitamin is not fat soluble?

- A. Vitamin A**
- B. Vitamin D**
- C. Vitamin C**
- D. Vitamin E**

Answers

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

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Explanations

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1. What are possible side effects of taking Fosamax?

- A. Abdominal pain, diarrhoea, fatigue
- B. Chest pain, dizziness**
- C. Skin rash, joint pain
- D. Increased appetite, headache

When considering the side effects of Fosamax, which is primarily used to treat osteoporosis, it is important to focus on the more commonly documented adverse effects that clinical studies and medical literature highlight. Chest pain and dizziness can occur in some patients taking Fosamax, as the drug may irritate the esophagus or cause gastrointestinal issues, which can lead to discomfort or a sensation of chest tightness. Dizziness may also arise as a result of other factors, such as dehydration or blood pressure changes linked to the medication. In contrast, other options may contain side effects associated with different medications or conditions. For example, while abdominal pain and diarrhea are known to occur, they are generally linked with gastrointestinal distress from the medication and are not as specific to the serious implications indicated by chest pain and dizziness. Similarly, while skin rash and joint pain can occur, they are less commonly reported and connection to Fosamax use is not as strong. Increased appetite and headache are also not typical side effects associated with Fosamax. Understanding the specific side effects associated with your medication can help in monitoring your health and addressing any concerns with your healthcare provider.

2. Which gland produces the most saliva?

- A. Parotid gland
- B. Sublingual gland
- C. Submandibular gland**
- D. Minor salivary glands

The submandibular gland is responsible for producing the most saliva among the salivary glands. It is one of the major salivary glands, located beneath the lower jaw, and contributes a significant volume of saliva during the process of digestion, helping to lubricate food and initiate the digestive process. While the parotid gland also produces a substantial amount of saliva and is the largest of the salivary glands, it primarily secretes a serous (watery) secretion, whereas the submandibular gland produces a mixed secretion comprising both serous and mucous components. This combination is crucial for effective swallowing and digestive enzyme activation. The sublingual gland, although it does contribute to saliva production, releases a smaller volume compared to both the parotid and submandibular glands. The minor salivary glands, found throughout the oral cavity, provide additional moisture but do not significantly contribute to the overall saliva volume. Therefore, the submandibular gland stands out as the primary gland producing the majority of saliva in the mouth.

3. Which function is NOT associated with sticky wax?

- A. Attaching models
- B. Serving as a base for impressions**
- C. Providing stability during procedures
- D. Temporarily holding dental appliances

Sticky wax is primarily used in various dental procedures, particularly for its adhesive properties. Each function of sticky wax contributes significantly to the efficiency and effectiveness of dental practices. The function associated with serving as a base for impressions is not typical for sticky wax. In dental procedures, impressions are usually taken using specially formulated materials such as alginate, polyvinyl siloxane, or polysulfide, which capture the details of the teeth and surrounding tissues. Sticky wax, while useful, does not possess the properties required to capture detailed impressions effectively, as its purpose is more aligned with holding and securing rather than accurately forming impressions of dental anatomy. In contrast, sticky wax is used for attaching models, providing stability during procedures, and temporarily holding dental appliances in place. These functions leverage the wax's ability to adhere to surfaces and maintain positions without introducing incompliance with the materials necessary for accurate dental impressions.

4. What is a disadvantage of using boil and bite mouth guards?

- A. They are custom fitted
- B. Most do not cover all posterior teeth**
- C. They cause discomfort
- D. They are too expensive

Using boil and bite mouth guards has several characteristics that can impact their effectiveness, and one notable disadvantage is that most do not provide adequate coverage for all posterior teeth. These types of mouth guards are designed to be softened in hot water, after which they can be molded to the user's dental arch. While this process allows for some degree of customization, it typically results in a fit that may not extend adequately to fully protect all posterior teeth, especially the molars, which are crucial for chewing and support overall dental alignment. This limitation can increase the risk of damage to the teeth not covered by the guard and may not offer the optimal level of protection during activities such as sports or grinding. In contrast, custom-fitted mouth guards created by dental professionals are made to provide comprehensive coverage of the entire dental arch, ensuring that all teeth, including posterior ones, have appropriate protection. The advantages such as being custom-fitted and potentially comfortable depend on precise manufacture by professionals, which is not the case with boil and bite guards. Regarding cost, boil and bite guards are generally less expensive compared to custom-made options, so price is not a valid concern within this context. Discomfort can occur with any mouth guard design if it does not fit well, but it is not

5. Which is a common side effect of using local anesthetics?

- A. Hypotension
- B. Allergic reactions
- C. Seizures
- D. All of the above**

Local anesthetics can produce several side effects, of which hypotension, allergic reactions, and seizures are all potential risks associated with their use. Hypotension can occur due to the vasodilatory effects of certain local anesthetics, which may lower blood pressure. This side effect can be particularly relevant when larger doses are used or when the anesthetic is injected into areas with significant vascularization. Allergic reactions may arise in response to the preservatives or additives used in some local anesthetic formulations. These can range from mild skin reactions to more severe anaphylactic responses, making it essential for dental professionals to be aware of a patient's medical history regarding allergies. Seizures can result from systemic toxicity associated with local anesthetics, especially if the drug is inadvertently injected into a blood vessel. Elevated levels of local anesthetic in the bloodstream can affect the central nervous system, leading to symptoms including dizziness, tinnitus, and potentially seizures. Given that all these reactions are plausible side effects of local anesthetic administration, recognizing them is vital for effective monitoring and management of patient care during dental procedures. Thus, the correct answer reflects the comprehensive nature of the possible side effects associated with local anesthetics.

6. What is the primary purpose of a periodontal dressing?

- A. Increase patient comfort
- B. Prevent debris accumulation
- C. Preserve blood clots**
- D. Minimize inflammation

The primary purpose of a periodontal dressing is to preserve blood clots. After periodontal surgery, maintaining the integrity of blood clots is crucial for proper healing. Blood clots provide a natural barrier that protects the surgical site, facilitates tissue regeneration, and helps to promote healing by creating an environment that reduces the risk of infection. In addition to preserving blood clots, the dressing also serves other functions, such as providing mechanical support to the surgical area and potentially minimizing discomfort, but these secondary effects do not overshadow the critical role of clot preservation in the healing process. Properly preserving these clots allows for optimal tissue repair and regeneration, making it a fundamental purpose of using a periodontal dressing following procedures such as gum grafting or flap surgery.

7. Patients with an ASA 4 classification are experiencing which of the following?

- A. Minimal systemic dysregulation**
- B. Stable chronic condition**
- C. Severe disease that poses a constant life threat**
- D. Controlled chronic condition**

Patients classified as ASA 4 are experiencing severe systemic disease that poses a constant threat to their life. The ASA (American Society of Anesthesiologists) classification system is used to assess the fitness of patients undergoing anesthesia and procedures. A classification of ASA 4 indicates that the patient has a serious medical condition that significantly compromises their health and may jeopardize their life during procedures. This could include conditions such as uncontrolled diabetes, severe heart disease, or advanced respiratory disorders, where the risk of complications is notably high. In contrast, other classifications denote less severe conditions. For instance, minimal systemic dysregulation suggests the patient is largely healthy with only slight issues, while a stable chronic condition implies that the disease is managed and doesn't pose immediate threats. A controlled chronic condition would indicate that the patient's medical condition is managed effectively, thereby presenting a lower risk during treatment. Understanding these classifications helps dental hygienists assess patient risks appropriately during treatment planning.

8. What concentration range is considered 'high concentration hydrogen peroxide'?

- A. 3-10%**
- B. 10-20%**
- C. 20-29%**
- D. 30-39%**

High concentration hydrogen peroxide is generally defined as concentrations of 30% or greater. This is important because hydrogen peroxide in these higher concentrations is used for specific dental procedures, such as tooth whitening, and must be handled with care due to its potent reactive properties and potential to cause tissue irritation or damage. The range from 30% to 39% is significant, as at this concentration, the hydrogen peroxide can effectively penetrate the enamel and dentin to achieve desired whitening results. Proper training and adherence to safety protocols are critical when using these higher concentrations, making it essential for dental professionals to understand their applications and risks. Concentrations lower than 30%, such as 3% and 10%, are typically used for general antiseptic purposes or in more diluted whitening products and do not fall within the 'high concentration' classification.

9. In dental terminology, what is NOT a primary function of macrophages in the immune response?

- A. Cleaning up debris**
- B. Engulfing pathogens**
- C. Producing antibodies**
- D. Communicating with other immune cells**

Macrophages play a crucial role in the immune response, but their primary functions do not include the production of antibodies. Instead, macrophages are key players in immune defense through several important activities. They are highly effective at cleaning up debris, particularly at sites of infection or injury, where they help to clear dead cells and pathogens. They also engulf pathogens, such as bacteria and viruses, through a process known as phagocytosis, which is essential for eliminating invaders from the body. Additionally, macrophages communicate with other immune cells by releasing cytokines and other signaling molecules, which help coordinate the overall immune response. In contrast, antibody production is the responsibility of B cells, which are a different type of immune cell that specifically synthesize antibodies as part of the adaptive immune response. This differentiation in function clarifies why the act of producing antibodies is not a primary function attributed to macrophages.

10. Which vitamin is not fat soluble?

- A. Vitamin A**
- B. Vitamin D**
- C. Vitamin C**
- D. Vitamin E**

Vitamin C is classified as a water-soluble vitamin, making it distinctly different from fat-soluble vitamins. Fat-soluble vitamins, which include vitamins A, D, and E, are absorbed along with dietary fat and stored in the body's fatty tissues and liver. In contrast, water-soluble vitamins like vitamin C are not stored in the body; they need to be consumed regularly in the diet. Any excess amount of water-soluble vitamins is typically excreted through urine, rather than being stored, which is a crucial distinction when considering their roles in nutrition and potential deficiencies. This fundamental difference plays a significant role in dietary recommendations and the body's handling of various vitamins.

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://natldentalhygiene.examzify.com>

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

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