

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



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://oregonefda.examzify.com>



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

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

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. 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

SAMPLE

- 1. Calculus on teeth is defined as:**
 - A. Soft and easily removable deposits
 - B. Hard mineralized deposits attached to teeth
 - C. A form of tooth decay
 - D. Only stains left after polishing
- 2. What effect does hot water have on alginate?**
 - A. It makes the impression material set slower
 - B. It makes the impression material set faster
 - C. It causes the material to become rubbery
 - D. It has no effect on the material
- 3. What does plaque primarily consist of?**
 - A. Saliva and minerals
 - B. Bacteria and food particles
 - C. Enamel particles and water
 - D. Cementum and dentin
- 4. Which method uses a combination of water and air to clean surfaces in dentistry?**
 - A. Scaling
 - B. Air polishing
 - C. Rubber cup polishing
 - D. Manual brushing
- 5. What does the clinical crown refer to in dentistry?**
 - A. The portion of the tooth that is below the gum line
 - B. The portion of the tooth that is visible within the oral cavity
 - C. The part of the tooth responsible for chewing
 - D. The area of the tooth that is most prone to decay
- 6. What is a common sign of bruxism?**
 - A. Frequent sore gums
 - B. Grinding of teeth
 - C. Tooth decay
 - D. Halitosis

7. What does the term 'gel' refer to in dental materials?

- A. A liquid state of materials
- B. A solid state of materials
- C. A gas state of materials
- D. A pasty state of materials

8. What device is used to secure the placement of the matrix band?

- A. Auto matrix
- B. Wedge
- C. Tofflemire retainer
- D. Mylar strips

9. How is the term 'alloy' defined in dental practice?

- A. A composite material used for fillings
- B. A combination of metals mixed with mercury
- C. A type of dental adhesive
- D. A form of dental impression material

10. What is one of the main characteristics of ZOE temporary cement?

- A. It provides high retention
- B. It has sedative qualities
- C. It is used for permanent crowns
- D. It is non-toxic for all patients

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Calculus on teeth is defined as:

- A. Soft and easily removable deposits
- B. Hard mineralized deposits attached to teeth**
- C. A form of tooth decay
- D. Only stains left after polishing

Calculus on teeth, also known as tartar, is accurately defined as hard mineralized deposits that form on the surfaces of teeth. This mineralization occurs when plaque, which is a soft and sticky accumulation of bacteria, is not properly removed through regular brushing and flossing. Over time, the minerals from saliva crystallize within the plaque, transforming it into a hard substance that adheres closely to the tooth structure.

Understanding the nature of calculus is essential for dental professionals, as its presence can lead to various dental issues including gum disease. It is important to differentiate calculus from other forms of deposits or dental conditions, such as those listed in the other options. For example, soft deposits refer to plaque, tooth decay relates to the breakdown of enamel due to acid produced by bacteria, and stains left after polishing are often superficial and do not denote the hardened structure of calculus. Recognizing these distinctions helps in providing appropriate dental care and treatment.

2. What effect does hot water have on alginate?

- A. It makes the impression material set slower
- B. It makes the impression material set faster**
- C. It causes the material to become rubbery
- D. It has no effect on the material

Hot water has a significant effect on alginate impression material, and using it causes the material to set faster. Alginate is a thermosetting material, meaning that its setting reaction is influenced by temperature. When hot water is added to alginate powder, it accelerates the chemical reaction that occurs during the setting process. This results in a quicker polymerization, leading to a faster setting time. In practical dental applications, using hot water can be tempting in certain situations, but it is important to manage this carefully because if the material sets too quickly, it can compromise the quality of the impression, potentially leading to distortions or inaccuracies. Maintaining the appropriate temperature is crucial for achieving the desired working and setting times while preserving the integrity of the impression.

3. What does plaque primarily consist of?

- A. Saliva and minerals
- B. Bacteria and food particles**
- C. Enamel particles and water
- D. Cementum and dentin

Plaque primarily consists of bacteria and food particles. This sticky, colorless film builds up on teeth and can lead to dental issues if not removed through regular brushing and flossing. The bacteria in plaque feed on the sugars from food particles, producing acids that can harm tooth enamel and contribute to cavities and gum disease. Recognizing that plaque forms mostly from bacterial accumulation and organic debris helps one understand the importance of maintaining good oral hygiene practices to prevent its buildup and the associated dental problems. The other compositions listed, such as saliva and minerals, may play a role in the oral environment but do not constitute the primary makeup of plaque itself. Enamel particles and water are not relevant to the structure of plaque, and cementum and dentin pertain to the tooth's anatomy rather than the substances that comprise plaque. Thus, the focus on bacteria and food particles directly aligns with the understanding of plaque formation and its implications for oral health.

4. Which method uses a combination of water and air to clean surfaces in dentistry?

- A. Scaling
- B. Air polishing**
- C. Rubber cup polishing
- D. Manual brushing

Air polishing is indeed the correct answer as it specifically utilizes a combination of water and air to create a fine mist that cleans dental surfaces. This method uses a specially designed device that sprays a mixture of water, air, and a polishing agent, typically a fine powder, to effectively remove plaque, stains, and debris from the surfaces of teeth. The advantages of air polishing include its gentle yet effective cleaning action, which can reach areas that are often missed by traditional methods. It is particularly useful for cleaning around orthodontic appliances or other dental restorations. Other methods mentioned do not employ a combination of water and air in the same manner. Scaling typically involves the use of manual or ultrasonic instruments without the addition of air. Rubber cup polishing uses a rotating rubber cup with a polishing agent but doesn't utilize water and air together. Manual brushing, while effective for daily dental hygiene, relies solely on the mechanical action of bristles and does not incorporate the aerosolized approach that air polishing offers.

5. What does the clinical crown refer to in dentistry?

- A. The portion of the tooth that is below the gum line
- B. The portion of the tooth that is visible within the oral cavity**
- C. The part of the tooth responsible for chewing
- D. The area of the tooth that is most prone to decay

The clinical crown refers to the portion of the tooth that is visible within the oral cavity. This is the part of the tooth that is exposed above the gum line and can be directly observed during an examination. Understanding the clinical crown is important because it represents the area where various dental procedures, such as restorations and cleanings, are performed. While the other descriptions may pertain to aspects of a tooth, they do not accurately define the clinical crown. For instance, the portion of the tooth that is below the gum line is known as the root, and the part responsible for chewing is typically associated with the cusps and occlusal surface of the tooth, not specifically the clinical crown. Additionally, while certain areas of the tooth may be more susceptible to decay, this does not define the clinical crown itself but rather highlights its importance in cavity prevention and dental care.

6. What is a common sign of bruxism?

- A. Frequent sore gums
- B. Grinding of teeth**
- C. Tooth decay
- D. Halitosis

Bruxism, which refers to the involuntary grinding or clenching of teeth, is characterized by the specific action of grinding. This behavior can occur during the day or night and often goes unnoticed by the individual. The grinding of teeth can lead to a range of dental issues, including worn-down enamel, increased tooth sensitivity, and even tooth fractures over time. Patients may also experience jaw pain and headaches as a result of the stress placed on the temporomandibular joint (TMJ). While other conditions like tooth decay or gum issues may arise from bruxism indirectly, the grinding itself is the most direct and recognizable sign of this condition. Identifying bruxism early can help in implementing preventive measures to protect the teeth and reduce associated discomfort.

7. What does the term 'gel' refer to in dental materials?

- A. A liquid state of materials
- B. A solid state of materials**
- C. A gas state of materials
- D. A pasty state of materials

The term 'gel' in dental materials refers to a colloidal system that typically has both liquid and solid characteristics. However, in this context, the correct interpretation aligns with the pasty nature of gels. Gels possess a semi-solid, pasty state, which allows them to retain their shape under certain conditions while still being able to flow slightly under pressure. In dental applications, gels can refer to materials such as dental impression materials or desensitizing agents that are formulated to provide optimal performance in terms of working time and setting characteristics. These pasty forms are crucial during procedures, as they can adapt to the contours of the oral structures while providing the necessary viscosity to avoid runniness, making them exceptionally useful in various dental treatments. This understanding of gel as a pasty state emphasizes its usefulness in practical dental procedures rather than relating to a fully liquid or solid state found in the other options.

8. What device is used to secure the placement of the matrix band?

- A. Auto matrix
- B. Wedge
- C. Tofflemire retainer**
- D. Mylar strips

The Tofflemire retainer is specifically designed to hold and secure the matrix band in place during restorative dental procedures. This device is essential for creating a temporary wall around the tooth being restored, allowing for accurate placement of dental materials without the risk of them flowing out of position. By providing a stable structure, the Tofflemire retainer ensures a proper contact point with adjacent teeth and helps achieve the desired contour of the filling. While the auto matrix, wedge, and Mylar strips serve important roles in various dental applications, they do not provide the same mechanism for securing the matrix band as the Tofflemire retainer does. The auto matrix is a type of matrix system that can simplify the process, but it does not specifically secure the band like the Tofflemire. The wedge is used to adapt the matrix band to the tooth structure, but it doesn't hold the band in place independently. Mylar strips are typically used in cosmetic cases for anterior teeth, providing a smooth surface for composite materials, but again, they do not serve to secure the matrix band as the Tofflemire retainer does. Thus, understanding the function of the Tofflemire retainer in securing the matrix band is fundamental to the expanded duties

9. How is the term 'alloy' defined in dental practice?

- A. A composite material used for fillings
- B. A combination of metals mixed with mercury**
- C. A type of dental adhesive
- D. A form of dental impression material

In dental practice, the term 'alloy' specifically refers to a combination of metals mixed with mercury, particularly in the context of dental amalgams used for restorations. Alloys are essential in dentistry because they can be formulated to achieve specific properties, such as strength, durability, and resistance to corrosion, which are critical for materials used in dental procedures. The use of metals in dental alloys allows for improved stability and longevity of restorations, making them a reliable choice for fillings. The unique interaction of these metals with mercury during the mixing process is what enables the material to be malleable at first, allowing for easy placement in a cavity, before it hardens into a solid, durable structure. This is why identifying an alloy as a combination of metals mixed with mercury is key in understanding its application in dental restorative practices.

10. What is one of the main characteristics of ZOE temporary cement?

- A. It provides high retention
- B. It has sedative qualities**
- C. It is used for permanent crowns
- D. It is non-toxic for all patients

ZOE (zinc oxide-eugenol) temporary cement is known for its sedative qualities, which is one of its primary characteristics. The eugenol component in ZOE is effective in soothing pulpal discomfort, making it particularly beneficial for use in temporary restorations. This property allows it to provide relief for patients who may be experiencing sensitivity or inflammation in the dental pulp, making it a preferred choice in situations where the tooth may be susceptible to irritation from other materials. While ZOE does provide some level of retention, it is not considered high retention compared to some other dental cements. It is primarily used for temporary applications rather than permanent crowns, which are typically secured with stronger, more retentive materials. Additionally, while ZOE generally has low toxicity, the term "non-toxic for all patients" can be misleading, as individual reactions may vary, and it could cause allergic reactions or sensitivities in some patients. Therefore, the sedative qualities of ZOE are what makes it especially valuable in dental practice.

SAMPLE

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://oregonefda.examzify.com>

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

SAMPLE