

PENNSYLVANIA EXPANDED FUNCTION DENTAL ASSISTANT (EFDA) BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. 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

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- 1. Which term describes the horizontal space between the upper and lower incisors?**
 - A. Overbite
 - B. Overjet
 - C. Crossbite
 - D. Protrusion
- 2. What is the goal of coronal polishing in dentistry?**
 - A. To strengthen enamel
 - B. To remove plaque and stains
 - C. To prevent cavities
 - D. To reduce gum inflammation
- 3. Which of the following conditions would not be advised for sealant application?**
 - A. Healthy teeth
 - B. Interproximal lesions
 - C. Minor surface stains
 - D. Occasional sensitivity
- 4. What properties do obtundents possess in relation to dental pulp?**
 - A. They enhance structural integrity
 - B. They soothe sensitive pulp
 - C. They replace missing dentin
 - D. They improve adhesive properties
- 5. Which aspect of tooth anatomy is crucial for maintaining proper appeal and health in posterior teeth?**
 - A. Height of contour
 - B. Occlusal surface
 - C. Root anatomy
 - D. Incisal angle

- 6. What procedure can Glass Ionomer cement be used for?**
- A. Restorative filling in primary teeth
 - B. Post and core build up
 - C. Orthodontic band cementation
 - D. Veneer placement
- 7. What could potentially cause Tachycardia during dental procedures?**
- A. Use of local anesthesia
 - B. Retracting cords soaked in epinephrine
 - C. High levels of fluoride
 - D. Long treatment duration
- 8. What area does Class I in dentistry refer to?**
- A. Anterior teeth with incisal edges
 - B. Pits and fissures on occlusals of posterior teeth
 - C. Mesial and distal surfaces of posterior teeth
 - D. Gumline of all teeth
- 9. Dispensing of dental materials should be done according to what?**
- A. The dentist's preferences
 - B. Manufacturer's instructions
 - C. Industry standards
 - D. Personal experience
- 10. What area is associated with Class I cavities?**
- A. Gumline of canines
 - B. Occlusal surfaces and pits of premolars and molars
 - C. Facial surfaces of anterior teeth
 - D. Distal surfaces only of molars

Answers

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

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Explanations

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1. Which term describes the horizontal space between the upper and lower incisors?

- A. Overbite
- B. Overjet**
- C. Crossbite
- D. Protrusion

The term that describes the horizontal space between the upper and lower incisors is overjet. Overjet specifically refers to the distance measured in millimeters from the incisal edge of the upper incisors to the incisal edge of the lower incisors when the mouth is in a rest position or during a normal bite. An increased overjet can indicate specific dental conditions such as protrusion of the upper incisors or retrusion of the lower incisors. Overbite, on the other hand, refers to the vertical overlap of the upper incisors over the lower incisors, which is a different measurement than overjet. Crossbite involves one or more of the upper teeth biting inside the lower teeth, affecting the alignment and positional relationship rather than a measurement of space. Protrusion refers to the forward positioning of teeth rather than a measurement between them. Understanding these specific terms is pivotal for dental professionals, as they provide insight into the occlusion and alignment of a patient's teeth, which is crucial for effective treatment planning.

2. What is the goal of coronal polishing in dentistry?

- A. To strengthen enamel
- B. To remove plaque and stains**
- C. To prevent cavities
- D. To reduce gum inflammation

The goal of coronal polishing in dentistry is to remove plaque and stains from the surface of the teeth. This procedure is typically performed after a professional cleaning and is aimed at ensuring that any remaining smooth surfaces of the teeth are free from unwanted deposits. By effectively polishing the coronal surfaces, dental professionals can improve the aesthetics of the teeth by removing extrinsic stains caused by various dietary factors and habits, such as coffee, tea, or tobacco use. Coronal polishing is not designed primarily to strengthen the enamel, thus strengthening enamel is not its main objective. Additionally, while coronal polishing can have indirect benefits for cavity prevention by improving oral hygiene, its primary function is not cavity prevention but rather maintaining cleanliness. Similarly, reducing gum inflammation is more directly achieved through other preventive measures such as effective brushing, flossing, and periodontal treatments rather than through polishing alone. Therefore, the primary focus remains on the removal of plaque and stains to promote overall dental health and enhance the appearance of the teeth.

3. Which of the following conditions would not be advised for sealant application?

- A. Healthy teeth
- B. Interproximal lesions**
- C. Minor surface stains
- D. Occasional sensitivity

Sealant application is a preventive measure designed to protect the occlusal surfaces of teeth from decay by providing a physical barrier. Healthy teeth are ideal for sealant placement because they have not yet developed any caries or decay, making them prime candidates for preventive care. Interproximal lesions indicate that there is already some degree of carious activity between teeth, which suggests that the tooth is not healthy enough to receive a sealant. In this case, the presence of decay would necessitate restorative treatment instead of a sealant, as covering the lesion with a sealant could trap bacteria and exacerbate the condition. In terms of minor surface stains or occasional sensitivity, these conditions do not preclude the application of sealants. Minor stains can often be cleaned, and sensitivity should be evaluated on a case-by-case basis but is typically not a barrier to sealant application. Therefore, the presence of interproximal lesions is the key factor that disqualifies a tooth from receiving a sealant.

4. What properties do obtundents possess in relation to dental pulp?

- A. They enhance structural integrity
- B. They soothe sensitive pulp**
- C. They replace missing dentin
- D. They improve adhesive properties

Obtundents are substances specifically designed to alleviate sensitivity in dental tissues, particularly the pulp. They function by providing a soothing effect on the nerve endings within the pulp, helping to mitigate pain and discomfort associated with various dental procedures or conditions. This calming effect is crucial in dental treatments where exposure of the pulp may lead to sensitivity, creating a more comfortable experience for the patient. The other choices address different aspects of dental materials or functions that do not pertain to the specific role of obtundents. For instance, enhancing structural integrity and replacing missing dentin pertain to restorative materials but not to the function of obtundents. Improving adhesive properties relates to the bonding capabilities of dental materials rather than the soothing properties associated with pulpal sensitivity. Understanding the specialized role of obtundents in this context is essential for effectively managing patient comfort during dental care.

5. Which aspect of tooth anatomy is crucial for maintaining proper appeal and health in posterior teeth?

A. Height of contour

B. Occlusal surface

C. Root anatomy

D. Incisal angle

The height of contour is significant in tooth anatomy, particularly for posterior teeth, as it plays a vital role in both functionality and aesthetics. The height of contour refers to the greatest convexity on the surface of the tooth and is instrumental in ensuring proper contact with adjacent teeth. This contact is essential in maintaining periodontal health, as it helps in stabilizing the dental arch and distributing occlusal forces evenly during chewing. Additionally, the height of contour is important for the flow of saliva around the teeth, which aids in remineralizing enamel and preventing caries. Proper contouring can also contribute to the prevention of food impaction, which can lead to decay and periodontal issues. As a feature that significantly contributes to overall tooth health and function, the height of contour is integral for the maintenance of posterior teeth appeal and health. Other aspects like occlusal surface, root anatomy, and incisal angle have their own importance but do not encompass the same multi-faceted contributions to the overall health and aesthetics of posterior teeth that the height of contour provides.

6. What procedure can Glass Ionomer cement be used for?

A. Restorative filling in primary teeth

B. Post and core build up

C. Orthodontic band cementation

D. Veneer placement

Glass Ionomer cement is widely recognized for its diverse applications in dentistry, particularly due to its strong chemical bond with tooth structure and its release of fluoride, which can aid in caries prevention. It is most commonly utilized for restorative fillings in primary teeth, especially in pediatric dentistry, because it is biocompatible and can provide a good margin seal against microleakage. In the context of the provided options, the choice regarding post and core build-up stands out because glass ionomer can be used effectively in situations requiring the restoration of a tooth that has undergone significant loss of structure, particularly due to endodontic treatment. Due to its strength, compatibility with tooth structure, and ability to bond well, glass ionomer cement is ideal for core build-ups that will support a crown. Additionally, its properties make it a less favorable choice for permanent restorative fill in posterior teeth when under function or for high-stress applications, such as orthodontic band cementation and veneer placement. Composite resin materials are typically preferred for these procedures due to better mechanical properties and esthetics. Therefore, post and core build-up using glass ionomer cement is highly suitable given its particular advantages in that relevant clinical situation.

7. What could potentially cause Tachycardia during dental procedures?

- A. Use of local anesthesia
- B. Retracting cords soaked in epinephrine**
- C. High levels of fluoride
- D. Long treatment duration

The potential cause of tachycardia during dental procedures is often linked to the use of retracting cords soaked in epinephrine. Epinephrine, a vasoconstrictor commonly used in local anesthetics, can stimulate the heart and increase heart rate, leading to tachycardia. This occurs because epinephrine activates the sympathetic nervous system, which is part of the body's 'fight or flight' response, ultimately resulting in increased heart rate and blood pressure. When dental professionals use retraction cords that are infused with epinephrine, especially in a localized area, the systemic absorption of the agent can lead to significant cardiovascular effects, including an increase in heart rate. Hence, being mindful of the concentration and volume of epinephrine used during procedures is crucial to avoid unwanted tachycardia in patients. Understanding these physiological responses is vital for dental health professionals, as it underscores the importance of monitoring patient reactions during treatments involving epinephrine, particularly in those with pre-existing health conditions or sensitivities.

8. What area does Class I in dentistry refer to?

- A. Anterior teeth with incisal edges
- B. Pits and fissures on occlusals of posterior teeth**
- C. Mesial and distal surfaces of posterior teeth
- D. Gumline of all teeth

Class I in dentistry specifically refers to the pits and fissures on the occlusal surfaces of posterior teeth. This classification is part of the cavity classification system established by G.V. Black, which is used to identify the location and severity of dental caries. Class I cavities are the most straightforward type to address, as they involve areas that are often prone to decay due to the grooved surface structure of molars and premolars. When considering the characteristics of Class I restorations, they typically involve direct access to the occlusal surface where food particles can accumulate and plaque can form, leading to cavities. By focusing on the pits and fissures, clinicians can effectively treat and restore these areas to prevent further decay and maintain oral health. The other options do not accurately describe the specifics of Class I: anterior teeth fall under Class II or Class III depending on the area affected, mesial and distal surfaces pertain to Class II restorations, and the gumline area concerns periodontal issues rather than cavity classifications. Understanding this classification helps dental professionals diagnose and treat caries based on their location in the mouth.

9. Dispensing of dental materials should be done according to what?

- A. The dentist's preferences
- B. Manufacturer's instructions**
- C. Industry standards
- D. Personal experience

Dispensing of dental materials should always be done according to the manufacturer's instructions. This guidance is crucial for ensuring the effectiveness and safety of the materials being used in dental procedures. Manufacturers provide specific instructions based on extensive research and testing, which dictate how a material should be mixed, applied, and cured to achieve optimal results. Following these instructions helps to avoid issues related to material failure, poor adhesion, or other complications that could arise from incorrect handling. Additionally, adherence to manufacturer guidelines is often a requirement for warranties on products, as any deviation can nullify the warranty and lead to liability issues for the dental practitioner. While the dentist's preferences, industry standards, and personal experience may play a role in overall dental practice, they should not override the necessity of following manufacturer instructions, as these are based on scientific evidence and standardized protocols designed to ensure patient safety and treatment efficacy. This makes the manufacturer's instructions the most authoritative and relevant source when dispensing dental materials.

10. What area is associated with Class I cavities?

- A. Gumline of canines
- B. Occlusal surfaces and pits of premolars and molars**
- C. Facial surfaces of anterior teeth
- D. Distal surfaces only of molars

Class I cavities are specifically associated with the occlusal surfaces and pits of premolars and molars. This classification pertains to carious lesions that occur in the grooves and fissures found on these surfaces, which are more susceptible to decay due to their anatomical structure. Given that the occlusal surfaces of premolars and molars have natural depressions where plaque can accumulate, these areas are common sites for the formation of cavities. Understanding this classification is vital for effective diagnosis and treatment planning in dentistry, particularly for restorative procedures aimed at managing decay in these high-risk areas. The other options identify different regions of the teeth associated with different types of cavities, thus highlighting the importance of recognizing each cavity class and its specific location for more effective dental care.

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://pennsylvaniaefdaboard.examzify.com>

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

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