

NJXDG EXAM 2023 STUDY GUIDE WITH COMPLETE SOLUTION

Applying topical fluoride gel or foam (efda) - Selecting the tray

1) Select a disposable tray that is of the appropriate size for the patient's mouth. The tray must be long and sufficiently deep to cover all erupted teeth completely without extending beyond the distal surface of the most posterior tooth. Trays are available in sizes to fit primary, mixed, and adult dentition. If the patient's mouth can accommodate it, you may use a double-arch tray. This saves time by treating both arches at the same time. Remember, trays are discarded after a single use & if you try a tray in the mouth but do not use it that tray must be discarded.

Preparing the teeth

2) Check to see whether calculus is present; if it is not, no preparation is required. Fluoride diffuses easily through the acquired pellicle and bacterial plaque.
3) If calculus is present, request that the dentist or dental hygienist remove it. The presence of plaque will not affect the uptake of fluoride.

Applying the topical fluoride

4) Seat the patient in an upright position and explain the procedure. Having the pt upright prevents gel from going into the throat.
5) Instruct the pt not to swallow the fluoride.
6) Select the appropriate tray, and load it with a minimal amount of fluoride, following guidelines according to the patient's age.
7) Dry the teeth using air from the air water syringe. For fluoride to be maximally effective, the teeth must be dry when the fluoride is applied.
8) Insert the tray, and place cotton rolls between the arches. Ask the patient to bite up and down gently on the cotton rolls, to squeeze the fluoride over all tooth surfaces.
9) promptly place the saliva ejector, and tilt the patient's head forward.
10) Set the timer for the appropriate amount of time in accordance with the manufacturer's instructions. During this time, do not leave the patient unattended.
11) On completion, remove the tray, but do not allow the pt to rinse or swallow. Promptly use the saliva ejector or the high-volume oral evaluator tip to close the lips tightly around the saliva ejector. Removing excess saliva and fluoride solution will make the pt more comfortable and less likely to rinse with water.
12) Instruct and the pt not to rinse, eat, drink, or brush the teeth for at least 30 minutes. These activities could disturb the action of the fluoride.

Documentation

- date
- "applied APF fluoride gel. Instructed pt not to eat for 30 min.)
- operator

Njxdg Study Guide

RD Boyd



Njxdg Study Guide:

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Table of Contents Njxdg Study Guide

1. Understanding the eBook Njxdg Study Guide
 - The Rise of Digital Reading Njxdg Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Njxdg Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Njxdg Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Njxdg Study Guide
 - Personalized Recommendations
 - Njxdg Study Guide User Reviews and Ratings
 - Njxdg Study Guide and Bestseller Lists
5. Accessing Njxdg Study Guide Free and Paid eBooks
 - Njxdg Study Guide Public Domain eBooks
 - Njxdg Study Guide eBook Subscription Services
 - Njxdg Study Guide Budget-Friendly Options
6. Navigating Njxdg Study Guide eBook Formats

- ePub, PDF, MOBI, and More
- Njxdg Study Guide Compatibility with Devices
- Njxdg Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Njxdg Study Guide
 - Highlighting and Note-Taking Njxdg Study Guide
 - Interactive Elements Njxdg Study Guide
- 8. Staying Engaged with Njxdg Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Njxdg Study Guide
- 9. Balancing eBooks and Physical Books Njxdg Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Njxdg Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Njxdg Study Guide
 - Setting Reading Goals Njxdg Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Njxdg Study Guide
 - Fact-Checking eBook Content of Njxdg Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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