

# 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

**JR Anderson**



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