



## Overview of the Dental Radiography (X-ray): Types and its Risk Factors

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### DESCRIPTION

A dental X-ray (radiographs) is a picture of a tooth that a dentist uses to assess oral health. These X-rays are used at low levels of radiation to take pictures of the inside of the teeth and gums. This helps dentists identify problems such as cavities, cavities, and affected teeth. Dental X-rays contain radiation, but the levels of exposure are so low that they are considered safe for both children and adults. The risk of radiation exposure is even lower when dentists use digital X-rays instead of developing them on film. Dentists also place lead bibs on the chest, abdomen, and pelvic areas to prevent unnecessary radiation exposure to critical organs. Thyroid collars can be used for thyroid disorders. Children and women of childbearing age can also wear it with lead bibs [1].

Dental X-rays do not require any special preparation, the only thing you want to do is brush your teeth before your appointment. This creates a more hygienic environment for those who work in the mouth. X-rays are usually taken before cleaning. In dental practice, sit in a chair with a lead vest over your chest and knees. The X-ray device is placed next to the head to take a picture of the mouth. Some dental offices have a separate room for X-rays, while other dental offices do X-rays in the same room for cleaning and other procedures [2].

Types X-rays- There are different types of dental X-rays that capture slightly different views of the mouth. Oral radiographs are the most common [3].

Bitewing- This technique chews a special piece of paper to allow the dentist to see how well the crown fits. It is often used to look for cavities between teeth (interdental).

Occlusal- This X-ray is taken with the jaw closed to see how the upper and lower teeth are aligned. It can also detect anatomical abnormalities in the floor of the mouth and palate. This technique captures all teeth at once.

Panoramic- With this type of X-ray, the machine rotates around the head. Dentists can use this technique to check wisdom teeth; plan embedded dental instruments, and investigates jaw problems [4].

Peripheral- This technique focuses on two complete teeth from the root to the crown.

Extra oral X-rays can be used if the dentist suspects a problem with the gums and the outer area of the teeth. Dental Computer Tomography (DCT) is a type of imaging that observes the internal structure in 3D (three-dimensional). This type of imaging is used to find facial bone problems such as cysts, tumors, and fractures. The frequency with which you need to take x-rays depends on your medical and dental history and your current condition. Some people may need x-rays up to every 6 months. Others who do not have recent teeth or periodontal disease and who visit the dentist on a regular basis May only need X-rays every few years. Children generally require more x-rays than adults because their teeth and jaws are still developed and their teeth are more prone to putrefaction than adults [5].

### CONCLUSION

Dental X-rays are an integral part of supporting diagnosis. In addition to efficient clinical examinations, high-quality dental radiographs can provide important diagnostic information that is essential for further treatment planning of patients. Of course, many errors can occur when taking dental radiographs. This varies greatly due to different uses such as image receiver type, X-ray equipment, training and processing material levels. A dental hygienist will guide you through each step of the X-ray process. You can leave the room a little while recording. You will be instructed to stay still while taking the picture.

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