

ALARA  
(As Low As Reasonably Achievable)

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Chambersburg Dental Associates guidelines for patient radiographs are based on the latest information from the American Dental Association. We consider the amount of exposure, and risk from a radiation and dental perspective in determining when it is appropriate to take radiographs for standard of care treatment. According to the International Atomic Energy Agency; an intraoral dental radiograph produces 1-8  $\mu\text{Sv}$ , while a panoramic radiograph produces 4-30  $\mu\text{Sv}$ . These doses are less than one day of passive natural background radiation that we are continuously exposed to.

New patients:

- Primary dentition with clinical caries: will require individualized radiographs consisting of bitewing, periapical, and panoramic radiographs if necessary.
- Primary dentition without clinical caries: may or may not require radiographs for proper examination.
- All other patients: will require individualized radiographs consisting of bitewing, periapical, and panoramic radiographs.

Recall patients with caries, or at an elevated risk for caries:

- Posterior bitewing radiograph exam at 12-18 month intervals to evaluate the interproximal surfaces which cannot be visualized clinically
- This does not apply to edentulous patients.

Recall patients without caries, or not at an increased risk of caries

- Children should have bitewing radiographs every 12-24 months to examine interproximal surfaces that cannot be visualized.
- Adolescents with permanent dentition should have bitewing radiographs every 18-36 months.
- Adults should have bitewing radiographs every 18-24 months.
- This does not apply to edentulous patients.

Patients with periodontal disease

- Radiographs are at the discretion of the dentist to monitor the patients periodontal disease.
- This does not apply to edentulous patients.

Patients with dentofacial growth and development deficiencies or dental/skeletal relationship that are being monitored.

- Radiographs will be taken at the discretion of the dentist to monitor the situation. This is usually not indicated for adults or edentulous patients.

Patients with implants, craniofacial pathoses, restorative/endodontic needs, treated periodontal disease, and/or caries remineralization

- Radiographs will be obtained at the discretion of the dentist.

In summary, all new patients will have bitewing and panoramic radiographs taken to achieve an initial assessment of the overall oral health of the patient. This allows us to assess the overall condition of the patient's dentition, as well as to rule out any cysts, tumors, or anomalies.

For all recall patients, bitewing and anterior periapical radiographs will be taken every 12-18 months depending on caries risk assessment. This will enable us to catch caries at an early stage, enabling us to restore the caries with a restoration (filling). This will prevent the caries from advancing, resulting in the need for root canals, crowns, and/or extractions. Panoramic radiographs will be taken every 3-5 years at the discretion of the dentist. Without these types of radiographs, we are unable to properly complete a full examination. Failure to comply with these recommendations will result in dismissal from Chambersburg Dental Associates.

\_\_\_\_\_ I agree to receive the recommended radiographs as described above.

\_\_\_\_\_ I refuse the recommended radiographs and understand that I will be dismissed as a patient.

By signing below, I acknowledge that I have read and understand the terms of the ALARA radiograph policy for Chambersburg Dental Associates.

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Provider Signature

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Patient/Guardian Signature