# Your X-Ray and You

## - Things you might like to know



### NHS SCOTLAND

## Your Well-Being

- Dental X-rays are undertaken to investigate suspected problems with your teeth and gums and to plan treatments.

- Your dentist or dental care professional can explain how the information gained will help to improve your diagnosis or treatment.

- These X-rays allow for faster and more effective interventions and can save you discomfort and pain.

- Our overriding concern is to ensure that when you have an X-ray, the benefits from making the right diagnosis or providing the correct treatment outweigh the very low risk involved with the X-ray itself. We make sure that this is the case before you have an X-ray.

## Our Standards

- Our X-ray equipment is well maintained and regularly checked by appropriately qualified staff.

- This ensures that the amount of radiation we use is kept as low as possible to get the pictures we need. If there are any technical problems during the X-ray, we will tell you.

## About X-Rays and Radiation

- X-ray machines use radiation to generate the "pictures" we need for your diagnosis and treatment.

- We are all exposed to natural background radiation every day of our lives. This comes from our environment, the air we breathe, the food we eat and even from outer space (cosmic rays).

## Putting it in Perspective

- Each dental X-ray gives us a very small additional amount of radiation on top of this natural background.

- The examination you will be having today carries a very low risk.

**Did you know?**
Over 5000 dental radiographs are taken in Scotland every working day.

**Age**
The risks from X-rays are much lower for older people and a little higher for children. Extra care is taken with young patients.

**Pregnancy**
Because the risk to a developing baby from a dental X-ray is negligible, we will not ask any intrusive questions about pregnancy.

**Consent**
Please feel free to ask your dentist or dental care professional if you have any further questions or concerns. *You can refuse to have the X-ray if you do not feel you have sufficient information.*

**Scottish Medical Physics Network (MPNET)**
**Scottish Clinical Imaging Network (SCIN)**