

Your dental x-ray doses:

X-rays don't make the patient radioactive and expose them to low doses of radiation – typically a chest X-ray is equivalent to the normal background dose of radiation received every three days for example. During dental X-rays, lead aprons are no longer routinely used to protect the abdomen or pelvis as most dental X-rays don't affect this area. Also, the dose of radiation in dental X-rays is so low there's virtually no risk to the unborn baby. Below are some interesting comparisons.

X-ray exam	Equivalent days of annual average UK background (2.7 mSv/yr)	Equivalent time spent in 8 mSv/yr high Radon area (eg Cornwall)	Brazil nut equivalence	BED: Banana Equivalent Dose (if eaten all at once)
Bite-wings	< 0.7 days	0.2 days	50 g	50 bananas
OPG	1.4 days	0.5 days	100 g	100 bananas
CBCT	27 days	9 days	2 kg	2000 bananas

References: www.nhsemployers.org/~media/Employers/Publications/Ionising%20radiation.pdf

https://en.wikipedia.org/wiki/Banana_equivalent_dose <https://www.gov.uk/government/publications/ionising-radiation-dose-comparisons/ionising-radiation-dose-comparisons>

<https://www.nhs.uk/chq/Pages/2294.aspx?CategoryID=69&SubCategoryID=697>