



Dental X-Ray Radiation Comparison

Radiation from dental radiographs is quite minimal and very safe for healthy patients to be exposed to. This chart shows the amount of radiation a person receives from various activities.

Radiation Source	Dose Equivalent (mSv)
Max annual dose permitted for U.S. radiation workers	50
Whole body CT scan	10
Abdominal CT scan	6-10
Chest CT scan	7
Spine CT scan	6
Average radiation in U.S. from natural sources (annual)	3
Radon in average U.S. home (annual)	2.28
Head CT scan	2
Spinal X-ray	1.5
Annual dose received by food and water (potassium)	0.8
Mammogram	0.42
Smoking one pack of cigarettes per day (annual)	0.4
Cosmic radiation living in Denver, Colorado / high elevation (annual)	0.4
Cosmic radiation living at sea level (annual)	0.3
Radiation in the body (annual)	0.29
Full mouth series f-speed film*	0.171
Chest X-ray	0.1
Full mouth series digital	0.09
Cross-country flight (New York to Los Angeles)	0.04
4 bitewings f-speed film*	0.038
4 bitewings digital	0.02
Panoramic film	0.0142-0.0243
Panoramic digital	0.0047-0.0149
1 periapical f-speed film*	0.0095
Living in a brick/stone/concrete house (annual)	0.007
1 periapical digital	0.005
Eating a banana	0.0001
Airport security scan	0.0001

*f-speed film based on round collimation

***To see is to know. Not to see is to guess.
And we won't guess when it comes to your oral health!***

Sources

<https://www.radiologyinfo.org/en/info.cfm?pg=safety-xray>

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