



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	Dosage (mSv)
Max annual dose permitted for U.S. radiation workers	50.00000
Whole body CT scan	10.00000
Abdominal CT scan	6.0-10.00
Chest CT scan	7.000000
Spine CT scan	6.000000
Average radiation in U.S. from natural sources (annual)	3.000000
Radon in average U.S. home (annual)	2.280000
Head CT scan	2.000000
Spinal X-ray	1.500000
Cosmic radiation living in Denver, CO/high elevation (annual)	0.800000
Mammogram	0.420000
Annual dose received by food and water (potassium)	0.400000
Cosmic radiation living at sea level (annual)	0.300000
Radiation in the body (annual)	0.290000
Chest X-ray	0.100000
Full mouth series f-speed film*	0.171000
Full mouth series digital	0.090000
Cross-country flight (New York to Los Angeles)	0.040000
4 bitewings f-speed film*	0.038000
4 bitewings digital	0.020000
Panoramic film	0.0142-0.0243
Panoramic digital	0.0047-0.0149
1 periapical f-speed film*	0.009500
1 periapical digital	0.005000
Living in a brick/stone/concrete house (annual)	0.007000
Smoking one pack of cigarettes	0.004900
Eating a banana	0.000100
Airport security scan	0.000100

*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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<http://www.ada.org/en/member-center/oral-health-topics/x-rays>

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