



PDSA POST



September 23rd, 2026

DENTAL PROCEDURE HIGHLIGHT: extractions!

An extraction is the removal of a tooth from the alveolar bone. Extractions are usually a last resort because the goal is to always preserve as much of the tooth as possible.

This procedure is necessary when the tooth cannot be restored due to decay, gum disease, or dental trauma. Impacted teeth may also require extractions, Wisdom teeth are a common example.

The purpose of extractions is to prevent infections from spreading to other teeth and into the gums, relieve severe pain, remove abnormally positioned teeth, or create more space in the mouth.



By: Dayanni Pena

DENTAL SCHOOL SPOTLIGHT:



The **University of Florida College of Dentistry (UFCD)** is Florida's only public dental school.

Widely known for its clinical training, 100% first-attempt board pass rate, and extensive research opportunities.

Fun Facts:

- UFCD offers 8 ADA recognized specialty programs.
- Ranked #3 among public dental schools.



Location: UF's Academic Healthcare campus in Gainesville, FL

Acceptance Rate: 4.4-5%

Tuition: In-State: \$41,720 per year. Out-of-State: \$70,848 per year.

Class Size: 93 students

By: Gianella Sotelo

tuition management

We know dental school can be a little stressful, especially when it comes to student loans. Dental school is a big investment, but there are programs that can help make the cost a little easier. One option is the National Health Service Corps (NHSC), which helps dentists with their student loans when they commit to working in an underserved area. According to the ADA, dentists may receive up to \$50,000 per year with a two-year commitment. It can also be a good opportunity to gain experience while helping communities that may not have easy access to dental care.

Would you consider this option after dental school?

By: Stefania Jimenez

"brush up" on... TRIVIA

Q: Which extraction forceps would you typically use to extract tooth #26 and #27?

- a) #150 forceps
- b) #23 cowhorn
- c) #151 forceps
- d) #88 forceps

By: Rafael Hernandez

Answer: C

PDSA Tip!

Take your advisor's class plan into consideration, but also take the time to look into the courses yourself. Advisors work with a lot of students and often rely on a general template, so make sure the course load fits your specific situation. Research each class, understand the workload, and reach out to PDSA upperclassmen who have taken these courses and been through the same process. They can be a great resource in building a schedule that sets you up for success.

By: Nancy Ellias



Pre-Dental Student Association

at the University of Central Florida

SPECIALTY HIGHLIGHT

Dentofacial orthopedics is a specialized dental discipline focused on treating both the teeth and underlying jaw structures, typically during childhood to guide facial growth. Requiring a 2 to 3-year residency, often combined with an MSD in oral biology, practitioners earn an average annual income between \$250,000 and \$333,000. To correct skeletal misalignments, specialists utilize devices like palatal expanders to widen the upper jaw, functional appliances and headgear to guide jaw positioning, and bite blocks to harness natural chewing forces.

Fun fact: These procedures are typically applied during childhood prior to braces to effectively guide jaw development during active growth. Most patients are 6-14 years old.



By: Sophia Vita

DAT hot tip!

One of the best DAT investments I made was purchasing a study platform like DAT Booster or DAT Bootcamp (apply the PDSA discount code!!) and taking advantage of their app to turn small pockets of free time into study time.

Even when you aren't formally studying at your computer, the app makes it easy to replace scrolling with practice questions on the go, especially the PAT, which helped me stay consistent without feeling like I had to dedicate another full study session.

- Allison Schapley

Instagram



Website



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MEET THE GUEST SPEAKER

Sgt. Jose Hernandez

Technical Sergeant Jose R. Hernandez Jr. has served in the United States Air Force for 19 years and has spent the past five years as a DC HPSP recruiter. Originally from the South Side of Chicago, he began his Air Force career as an avionics specialist working on the F-15 before transitioning to civil engineering and ultimately becoming a recruiter in 2017.

Outside of his military career, TSgt Hernandez enjoys martial arts, ballroom dancing, swimming, CrossFit, gaming, and watching anime. He is also a proud dog owner to Chewy and Nox.

As an Air Force Health Professions Scholarship Program (HPSP) recruiter, TSgt Hernandez works with prospective dental professionals interested in pursuing their education and careers through the Air Force. He will be joining PDSA to share his experience and provide insight into the Air Force HPSP scholarship, the application process, and opportunities available to future dentists in the Air Force.

recently in pdsa... Chairside Assisting Workshop!



At the Chairside Assisting Workshop, members learned the basics of chairside assisting for oral surgery with DCAF!

At the workshop, rotated through four hands-on stations and explored dental instruments, learned about the dental chair, practiced charting and consent forms, learned how to use different tools, and reviewed proper equipment sterilization. Overall, it was a fun way to gain hands-on experience and learn more about what goes on behind the scenes in oral surgery.

By: Ellie Estevez

THANK YOU ALL FOR COMING!

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