

OMFS Timeline, Checklist, & Tips

Timeline for UCSF Dental Students Interested in OMFS Residency

D1/D2 Years

- Explore each specialty to understand the procedures, skills, patient demographics, work environments, and lifestyles associated with them. Make an informed residency decision!
- Focus on academics to maintain a strong record, aim for honors, and take relevant elective courses.
- Join OMFS club, attend various OMFS related lectures, and shadow UCSF residents in the department to show interest and commitment to the specialty.
- Cultivate relationships with professors who could write strong letters of recommendation.
- Start studying for CBSE and take it for the first time within these 2 years (offered once in winter and summer).
- Get involved in research or something else that you are passionate about.

D3 Year

Summer

- First quarter in clinic! Focus on gaining comfort with patient care and meeting clinic requirements.
- Continue exposure to OMFS related courses, lectures, treatment planning, and cases.
- Attend service meetings on Tuesday mornings at 7am with the OS department.
- Build relationships with oral surgery faculty, ask questions and shadow if possible.
- Aim to take INBDE sometime this year.

Fall

- Cultivate relationships with prospective letter writers, particularly OMFS faculty, in preparation for future recommendation requests.
- Start participating in externship programs, aiming to complete 3-4 by the time of interviews. Most are 2 weeks; some allow 1-week options if needed.
- Continue to do well in classes and engage in extracurricular activities that interest you.

Winter/Spring

- Externships and night clinic begin, plan for this expenditure of time and added work.
- Continue to go on externships at programs you are interested in.
- Write personal statement and have it reviewed.
- Request letters of recommendation from faculty.
- Retake CBSE if needed.

D4 Year

May

- Pass Match Applications open early in May – begin filling out applications.

June – Aug

- Submit application to residencies using Match System.
- OMFS is a Phase II program.
- Take CBSE for the last time if necessary.

Sep – Dec

- Interview offers are made.
- Go on as many interviews as possible!
- Send thank you cards to programs/interviewers.
- Rank residency programs in Match System starting in early December.

January

- Phase II rank order list due early January.
- Phase II Match results released mid-January – ACCEPT MATCH!
- Reach out to your new program, thanking them for the opportunity.

Jan – May

- Complete whatever steps necessary for licensure in your state of residency.
- Complete all requirements for dental school graduation.

June

- Graduate from dental school!

June – July

- Residency begins :)

Checklist

What OMFS Programs Seek in Applicants

Desired Qualities

<p>Strong Academic Record</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Developed talent, creativity, aesthetics, problem solving and hand skills. <input type="checkbox"/> Visited a variety of OMFS programs I plan on applying to and determined if they are a good fit for me both professionally and personally. <input type="checkbox"/> Demonstrated broad and active exposure to the field of dentistry, excellent communication skills, fluency in dental language, highly developed critical thinking and ethical decision-making skills. <input type="checkbox"/> Developed ability to understand sophisticated material in the sciences, research and dental technology. <input type="checkbox"/> Established a relationship with at least three faculty members who know me well enough to write me a comprehensive letter of evaluation.
<p>Firm & Clear Motivation</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Knowledge of the OMFS residency programs I am applying to, how the various clinics operate, patients they serve and how I will fit into the current pool of attendings, residents and employees. <input type="checkbox"/> An understanding of the role of an oral surgeon in the dental community. <input type="checkbox"/> A well thought out answer to, "Why do you want to be an oral surgeon?" <input type="checkbox"/> A trajectory for your professional career after residence i.e. private practice, academia, hospital based or military...
<p>Outstanding Personal Qualities</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Personal traits such as maturity, stability, integrity, dependability, responsibility, trustworthiness, leadership, enthusiasm, etc. <input type="checkbox"/> Accomplished something worthwhile and have skills and abilities that will allow me to contribute to the success of my residency program. <input type="checkbox"/> The ability to carry out sophisticated conversation, make effort to know people's names, present myself professionally and interview well with faculty. <input type="checkbox"/> Desirable bedside manner, can communicate clearly and deal effectively with those of other cultural backgrounds.
<p>ADEA PASS Match Application</p>	<ul style="list-style-type: none"> <input type="checkbox"/> CV, only with relevant dental and dental school experience. <input type="checkbox"/> Letters of recommendation from faculty members and oral surgeons. <input type="checkbox"/> Deans letter: template - takes about 1 month. Good CV makes deans letter application easy. <input type="checkbox"/> DAT, CBSE, NBDE exam scores (programs vary in requirements). <p>* ADEA PASS Match application requirements are subject to change over years.</p>



Tips for UCSF Dental Students Interested in Oral & Maxillofacial Surgery Residency

Which Programs Should You Apply To?

Oral surgery is extremely competitive. According to Li et al., 2024, “the average match rate in the past 10 years is 55.3%, and the 2020-2021 cycle was the most competitive year with the lowest match rate at 47.7%. Matching directly into OMS from dental school has become more competitive as the match rate for fourth-year dental students has steadily declined over recent years.”

Dental students usually apply to somewhere around 20 programs. The biggest determinant of matching is CBSE score according to the program director at UCSF and the current residents. A competitive score on the CBSE does not guarantee you a match however, it increases your likelihood of interview requests and matching significantly. A competitive score on the exam changes nearly every year but currently is about a 75. Students take this exam 2-3 times and study for 6+ months. The interview is the final determinant of

whether or not you will match. If you received an interview at a program you are most likely on an even playing field with other students interviewing at that point.

When considering oral surgery residency training programs, it is important to determine if you will be a good fit for the environment at that particular program. The residents that you will be meeting at externships and interviews may be your future co-residents and you must be able to work cohesively with them for the next 4-6 years. Choosing between a 4-year program and a 6-year program is mostly determined by if you want to go back to medical school. The 6-year programs require a much greater academic commitment and the cost of four years of medical school. The 4-year programs are more common for residents planning to go into private practice. Location is another determinant of a residency program and is something to be considered when looking.

References:

Li, A. Y. Z., Ma, B., & Castro-Núñez, J. (2024). How Competitive has the Oral and Maxillofacial Surgery Residency Match Become?. *Journal of oral and maxillofacial surgery : official journal of the American Association of Oral and Maxillofacial Surgeons*, 82(6), 617–619. <https://doi.org/10.1016/j.joms.2024.02.012>