



Before & after tooth extraction

Need a tooth extracted? Whether for braces, wisdom teeth removal, or another reason, this guide will help you prepare. Having an extraction or dental surgery can vary from patient to patient. There may be more things to consider for you personally, so make sure to talk to your dentist about what's best for you.

Before your extraction

- **Know the costs**
 - **Check MyDentalBenefits** (using your dentist's procedure codes) for cost estimates to avoid surprise bills.
 - **Request a predetermination:** Check your coverage and the cost estimate beforehand.¹
- **Discuss medicines:** Inform your dentist and doctor of all medications and health conditions.
- **Bring removable appliances:** Bring any partial dentures or retainers to your appointment.
- **Plan for a driver if needed:** If using anesthesia or calming medication, have a trusted driver bring you home.

After your extraction

- Get a postoperative home care instruction sheet from your dentist and be sure to discuss any post treatment changes.
- Follow your post-treatment instructions from your dentist very carefully.

Some recommendations may include:

- Not drinking through a straw up to 24 – 72 hrs²
- No heavy lifting/exercise up to 24 – 72 hrs²
- No smoking/vaping up to 24 – 72 hrs²

¹ Procedure type, deductibles and yearly or lifetime maximums may impact financial responsibility. Refer to your plan for details.

² Discuss the recommended amount of time you should avoid certain activities with your dentist. These may vary based on procedure.

This content is provided for informational purposes only. Refer to your plan documents for a complete listing of covered services, coinsurances, and limitations and exclusions or ask your employer about plan details. You may also log into MyDentalBenefits to see specifics of coverage or call United Concordia Customer Service at 1-866-357-3304 for assistance. PPO dental plans are administered by United Concordia Companies, Inc. and underwritten by United Concordia Insurance Company and United Concordia Insurance Company of New York. For information about which companies are licensed in your state, visit the "Disclaimers" link at UnitedConcordia.com. Administrative and claims offices are located at 1800 Center Street, Suite 2B 220, Camp Hill, PA 17011 (1-800-332-0366).