Telephony Regular Expressions

Character	Matches
\d	Any digit
\D	Any non-digit character
.	Any character
[abc]	Only a, b, or c
[0-9]	Numbers 0 to 9
{m}	m Repetitions
{m,n}	m to n Repetitions
*	Zero or more repetitions
+	One or more repetitions
?	Optional character
^...$	Starts and ends
(abc | def)	Matches abc or def

^(\+?[0|1])?([2-9][0-9]{2})([2-9][0-9]{2})([0-9]{4})$

+1…
+0…
1…
0…
4054510101

Regular expressions can be verified at: https://regex101.com/

Below is the explanation of the dial string:

^ asserts position at start of a line
1st Capturing Group
(\+?[0|1])?
? matches the previous token between zero and one times, as many times as possible, giving back as needed (greedy)
\+
matches the character + with index 43_{10} ($2B_{16}$ or 53_{8}) literally (case sensitive)
? matches the previous token between zero and one times, as many times as possible, giving back as needed (greedy)
Match a single character present in the list below
[0|1]
0|1
matches a single character in the list 0|1 (case sensitive)
2nd Capturing Group

([2-9][0-9]{2})
Match a single character present in the list below
[2-9]
2-9 matches a single character in the range between 2 (index 50) and 9 (index 57) (case sensitive)
Match a single character present in the list below
[0-9]
{2} matches the previous token exactly 2 times
0-9 matches a single character in the range between 0 (index 48) and 9 (index 57) (case sensitive)
3rd Capturing Group
([2-9][0-9]{2})
Match a single character present in the list below
[2-9]
2-9 matches a single character in the range between 2 (index 50) and 9 (index 57) (case sensitive)
Match a single character present in the list below
[0-9]
{2} matches the previous token exactly 2 times
0-9 matches a single character in the range between 0 (index 48) and 9 (index 57) (case sensitive)
4th Capturing Group
([0-9]{4})
Match a single character present in the list below
[0-9]
{4} matches the previous token exactly 4 times
0-9 matches a single character in the range between 0 (index 48) and 9 (index 57) (case sensitive)
$ asserts position at the end of a line

$1 is the expression that sends the numbers of the dial plan that are between the parenthesis.