Patient Instructions: Deprogrammer

Part of the deprogrammer is designed to erase the muscle memory, or engrams, of how your teeth currently fit together. The appliance should not allow the teeth to touch. The more the deprogrammer is worn, the more thoroughly the memory can be erased and the more predictable the results will be.

PLEASE WEAR THE APPLIANCE AS MUCH AS POSSIBLE.

Except:

• When eating or brushing your teeth

• Anytime it interferes with quality of life issues

• If soreness or discomfort develops please call the office to schedule an appointment as soon

as possible.

Caring for your Deprogrammer:

• To clean the deprogrammer, brush with toothpaste and rinse the appliance with cool or lukewarm

water daily. Do not use water hotter than you would wash your hands with.

• When not wearing the appliance, put it in your retainer case.

• If you have any questions or concerns, do not hesitate to call our office.

*Please bring the appliance to your next appointment which is scheduled for:

_____@_____a.m./p.m.