Deprogrammer – Patient Instructions

The deprogrammer is designed to erase the memory or engrams of how your teeth currently fit together.

PLEASE WEAR THE APPLIANCE AS MUCH AS POSSIBLE.

The appliance should not allow teeth to touch.

Remove the appliance only

• When eating

• Anytime it interferes with quality of life issues

• If soreness or discomfort develops

The more the deprogrammer is worn, the more thoroughly the memory can be erased and the more predictable the results will be.

To clean the deprogrammer, brush and rinse the appliance with cool or luke-warm water daily. 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.